



# NEWS & VIEWS

News & Views is published monthly – except for July and August by the Auxiliary for the Auxiliary, PO Box 4243, Lincoln, NE 68504. We are a proud member of the APWU Postal Press Association

Volume 31,  
Issue 10

JUNE 2015

## WHAT WILL IT TAKE?

By Kathy Danek President



By the time you read this the contract deadline will have passed. The current contract expired Wednesday May 20, 2015.

Few of our members can recall a negotiations process where the members were worried about their job, their safety and their benefits. They don't remember the threat of arrest, jail, picket lines, or family member vs family member. And they don't remember why things were so contentious.. It's hard to believe that our history is just a brief figment of our memory. But today's members of the APWU have been the benefactors of hard fought contracts over the past 45 years. Contracts are about much more than the dollars and cents in your paycheck. They talk about retirement, health benefits, if you have sick leave, family medical leave, vacation. They deal with the day to day environment that you work in – it's all about your health, safety and working conditions.

Yes, it is a really big deal. We really need a united front and all of our members engaged. We need to realize that the salary, benefits and working conditions we enjoy today were negotiated in a contract by our leadership. And, we need to know that our jobs are under attack. We need to get involved. The USPS is under attack by those in Congress who wish to privatize us, the anti union group who want to bust your union and send you back to minimum wage jobs with no benefits, and the politicians who want to strip you of all of your benefits including healthcare and retirement. What will it take to get you involved? What can you do?

For starters, you can circulate the Auxiliary's petition and collect signatures to save the USPS. You can get a copy of the petition on the Auxiliary's website at [www.apwuauxiliary.org](http://www.apwuauxiliary.org) or from any Auxiliary officer. It was also printed in the May issue of News and Views. Please continue circulating the petitions. It might be helpful to write the name of your Congressperson (or state and congressional district) on the petitions. That way we can get them to the right office. Completed petitions should be mailed to APWU AUXILIARY, PO Box 4243, Lincoln, NE 68504. They will be copied and sent to Washington.

Talking points -

Why:

- The USPS is constitutionally mandated. It is one of the few agencies in the constitution. Our forefathers believed that the nationwide universal service was extremely important.
- Provides a nationwide communication network with a universal price from coast to coast – that means we all share in the cost to provide service to everyone for a small universal cost.

- Protects what can be put in your mailbox. Other businesses, individuals cannot use your mailbox for delivery.
- Security for our personal correspondence-ID PROTECTION – It's a federal offense to tamper with the mail. Personal Information is sent on much of your correspondence.
- It's your VOTE – you need to protect the Vote by mail initiative and ballots. Many of our states are now relying on vote by mail to send and receive your ballots. Who do you trust with your vote? In the USPS tampering with your mail would be a federal offense. Tampering with your mail in ballot would be a federal offense – BECAUSE it is in the mail.
- It's a living wage with benefits. IT'S about Jobs. We need to enlist the public to protect good jobs with benefits.
- The 5.5 Billion in prefunding for retiree health care in crippling the financial structure of the USPS. The \$55 billion dollars over 10 years is a requirement that NO other governmental agency – and for that matter any private business would EVER be expected to match.
- The internet might be used to order things – but what kind of package can be delivered through the computer?
- We are still the invisible postal worker – we work behind the scene to make certain the mail is delivered in a timely fashion to the carriers for street delivery. We run the machines and keep them running, sell the stamps, work the windows, repair the vehicles, clean

(Continued on page 5)

Inside this issue:	
About Joyce - District 7 Coordinator - Joyce Tanguay File Your 990N Today	2
I Pledge Allegiance - Patricia Lewis	3
Auxiliaries in Action Fast Track - Trans-Pacific Partnership - Bonnie Sevre President's Report by Kathy Danek - continued	4-5
Ask Clara About the Health Plan	6
Nilan Scholarship Application Form - Debra Stewart	7
Human Relations Backpack Project - Joyce Tanguay	8

# About Joyce - District 7 Coordinator

By: Joyce Tanguay

I was raised in Yarmouth, Maine, a suburb of Portland, and have lived in South Portland for 20 years. Don and I have been happily married for 32 years and have a blended family of 6 children. We have 15 grandchildren and 6 great grandchildren. (and 2 Japanese Bobtail cats, Charlee and Chumlee:)) When I am not busy with the auxiliary I am a Disaster Relief Volunteer for the American Red Cross. I signed up in 2001 and have been deployed all over the country to assist where there are hurricanes, tornadoes, fires, floods or any other kind of natural disasters. I am also a member of the Disaster Action Team in my area, responding to fires whenever necessary.

**How I became involved with the Auxiliary** - In 2008 I got a phone call from the president of the Portland Maine Area Local 458 (who happened to be my son, Scott Adams) asking me for help with some mailings for the Union. He said he had signed me up for the Auxiliary and would bring the mailings over for me to do. I asked him what the Auxiliary was (yes, seriously), he said he would explain later, brought the mailings over and off he went, back to work. Shortly after, he introduced me to Doris Poland, who was then the National President of the Auxiliary and after attending my first informational picket, I was hooked. I attended an All-Craft Conference, met the National

Executive Board and that was the beginning of many conventions, conferences, executive board meetings, rallies, informational pickets, union meetings, health fairs, Labor Day

Breakfasts, etc. I am and have been on several committees including Human Relations, Memorial Service, Handbook, Constitutions & By-Laws, Resolution, Organizing & Membership,

and Policy Statement. My favorite part of being involved is meeting people and working with the National Auxiliary Board. As District 7 Coordinator I represent Connecticut, Delaware, Maine, Maryland/Washington D.C., Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont. My goal is to have more active members, which means more active auxiliaries. Are you listening District 7?



## File your 990N today

### 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.

# I PLEDGE ALLEGIANCE

By: Patricia Lewis

---

"I pledge allegiance to the Flag of the United States of America and to the Republic for which it stands, one Nation, under God, indivisible with liberty and justice for all"

More than 225 years ago, June 14, 1777, the flag was born. Every year we commemorate this event on June 14th.

The first flag had 13 stars and 13 stripes-one for each of the 13 colonies. Today everything remains the same except for the numbers of stars. When two more states joined the Union, the addition to the original 13 the number of stripes changed to 15. It was soon recognized that there would be too many stripes if new stripes were added so the stripes were changed back to 13 and only the number of stars was permitted to change as the Union grew.

The red color on the flag stands for valor, courage and strength. White stands for purity, light and peace, while blue signifies truth, loyalty and justice. The stripes means unity of purpose and the stars represent the 50 states dedicated to freedom and democracy.

If a flag is being used at a meeting it should be displayed to the right of the speaker. If it is placed on a chancel platform from which the speaker is addressing an audience it too should be placed to the right. It may also be placed on the speakers platform. If the flag is displayed flat it should be above and behind the speaker ,and when displayed from a staff, as in a church or auditorium, the flag should be on the right.

At parades when the flag passes by you remove all hats and place your right hand over your heart .Men and women in uniform use the military salute. When the flag is carried alone it is carried front and center. On lookers should salute the flag as soon as it passes by. This also applies to the flag if carried by the color guard at meetings and ceremonies.

There are things that are not allowed with regard to the flag.

1. Do not write on the flag and do not place an old or worn out flag in the trash .
- 2 . Do not use the flag as clothing, bedding or window treatments. The flag should hang free and should not touch anything under it. The flag should not be carried horizontally.
3. When the flag is no longer fit for display it should be destroyed preferably by fire.

The name "Old Glory" was given to the flag in August 1831 by Captain W. Driver, and Robert G. Heft of Ohio designed the 50 star flag. He was only 16 years old and it was a school project. This turned out to be a patriotic mission for him.

"Old Glory" means freedom for each person to choose his life's work. It means freedom to travel from state to state without

passports, to speak , write, praise, question or criticize anyone, no matter how high his rank.

Freedom means one may worship as he wishes, one may save and

build a fortune as it is fit . The flag embodies American freedom of speech, religion. the press and assembly. "Old Glory" is a living symbol of the nation's law, The Constitution of the United States and the Bill of Rights.



# Auxiliaries in Action

**NEBRASKA – GETTING IT DONE IN THE NAME OF THE AUXILIARY -** At the 2015 State Convention in Norfolk, Nebraska Auxiliary members took to heart the words “Human Relations” – with three projects benefitting charities in Norfolk NE: All locals in the state did a tremendous job to make this convention a gigantic success. Blessing in a Backpack received \$1866. Backpack programs are the focus of the National Auxiliary for 2014-2016. The Wesley Center early childhood program received \$250 and 59 books. The Salvation Army and the Child Advocacy Center of Norfolk each received \$125 and shared 181 stuffed animals for their organizations.

In addition to their human relations projects, the Auxiliary also helped raise \$1535 for COPA and \$611 for their State Auxiliary. President Wendy Morrissey said, “This is a very hard working organization. We set a goal and this entire state works to achieve it. We are very proud of the APWU and Auxiliary in Nebraska.”



Greater Northland Area Local - Duluth, MN APWU and Auxiliary picketing for “I Stand with Postal Workers”.

**WYOMING** boasts 100% Auxiliary for the entire state. But don’t let the rural and mountainous terrain of this Rocky Mountain state fool you. While meeting in Cheyenne, the members donated \$345 for COPA. Their annual COPA raffle is a popular event. But they also collected \$125 for the Auxiliary’s Backpack project, and again – paid dues for 2015-2016 for their entire state membership. APWU Clerk NBA Mo Merow was honored for her many years of service by the state organization. Thanks Wyoming. We are proud of your commitment and hard work on behalf of the APWU and the Auxiliary.



Lincoln, Nebraska APWU and Auxiliary promoting “I Stand with Postal Workers” on May 14, 2015

**MINNESOTA -** Greater Northland Area Local, Duluth, MN - APWU and “newly organized” Auxiliary are supporting the National Day of Action on May 14th. Our newly organized Auxiliary is taking to heart standing behind and supporting the APWU. After all, we are fighting to save jobs that provide a decent living for our families!

# Fast Track - Trans-Pacific Partnership

By: Bonnie Sevre

We've been hearing a lot about Fast Track-Trans-Pacific Partnership (TPP) I asked myself, "What exactly is Fast Track? The fast track negotiating authority for trade agreements is the authority of the President of the United States to negotiate international agreements that Congress can approve or disapprove but they cannot amend or filibuster the trade agreement. (Source: Wikipedia)

The Trans-Pacific Partnership (TPP) talks have taken place in secret, so Americans have had to rely on leaked documents for insight into its provisions.

TPP has been presented as an international trade agreement that will boost the economy of the United States and provide outlets for products

"Made in America." It would be the largest trade deal in history, a 12-nation trade pack, involving 40% of the world economy.

However, TPP which is now headed to Congress is a product of big corporations and Wall Street seeking to circumvent regulations protecting workers, consumers and the environment. TPP regulations would trump the laws of the participating countries. TPP puts the rights of profit driven business over the rights of human beings and the governments we've formed.

One of the "wikileaks" reveal that, if instituted, the TPP (Intellectual Property) regime would trample over individual rights and free expression, as well as ride roughshod over the intellectual and creative commons. If you read, write, publish, think, listen, dance, sing or invent; if you farm or consume food, if you're ill now or might one day be ill, the TPP has you in its crosshairs.

International trade agreements promise jobs and economic benefits. Every free trade deal has been a disaster. NAFTA (North American Free Trade Agreement) was fast tracked. We were told that NAFTA would add 200,000 jobs in 1995. But 700,000 jobs were lost to Mexico and U.S. wages declined by over 12%.

Opponents of TPP say that lowered tariffs and regulations will not only open the door for unsafe working conditions both here and abroad, but severely diminish the quality of life for all Americans. When you take regulations away it always works to the benefit of the corporations.

Fast Track - Trans-Pacific Partnership could be dealt with in Congress very soon, so be sure to call your Representatives and Senators and urge them to vote:

***"NO TO FAST TRACK - TPP!"***

## President's Report - *WHAT WILL IT TAKE?*

(continued from page 1)

the buildings. These are our jobs, It's our service and It's our livelihood. We need to engage in protecting it.

Stop Outsourcing our work – We take an oath to protect and deliver the US Mail – EX – Staples contract stations would not be staffed by USPS employees – and would not have the protections of the sanctity of the mail – UNTIL it is delivered to the USPS – that is a huge difference. If you steal from mail in the USPS stream it is a federal offense – from a Staples employee - petty larceny.

It's a pretty impressive public service. The United States Postal Service is just that. A service to our public, serving 153 million addresses to every business and residence six days every week all over the United States. It is up to us to protect it. It is up to our neighbors, our communities and our business. What will it take? What will prompt you to action?



Two year old Torian picketing against TPP (Trans Pacific Partnership) in front of Senator Amy Klobuchar's office in Minneapolis, Minnesota. *We can't get 'em started too young!*

## ***Our Deepest Sympathy***

To Arline Holmes, President of the Richmond, Virginia Auxiliary - on the passing of her son  
To Bruce Bailey - on the passing of his wife, Isabelle, past California APWU president, and his grandson, Josh Lawson



**Strongest benefit seen in most common types of tumors, researchers say**

By Kathleen Doheny *HealthDay Reporter*

TUESDAY, April 28, 2015 (HealthDay News) -- Women who breast-feed their babies and later develop breast cancer are less likely to have the cancer return or to die from it than women who do not breast-feed, new research shows. "We found in this study of over 1,600 women with breast cancer that those who previously breast-fed had a 30 percent overall decreased risk of their breast cancer recurring," said study leader Marilyn Kwan, a research scientist at the Kaiser Permanente division of research in Oakland, Calif. "We also found those who previously breast-fed had a 28 percent reduced risk of dying from their breast cancer." The study was published online April 28 in the *Journal of the National Cancer Institute*. Previous research has found that breast-feeding is linked with a lower risk of developing breast cancer in the first place, the researchers said.



"If a woman breast-feeds, she reduces her risk of developing breast cancer by about 5 percent to 10 percent, although other factors come into play," Kwan said, such as the number of children she has had. "We think this is one of the first [studies] to examine the role of breast-feeding and breast cancer outcomes -- prognosis and survival," she added. "Overall, our study confirms that breast-feeding is not only good for the baby, but has potential health benefits for the mom," Kwan said. Her team found that breast-feeding's protective effect in lowering the chances of recurrence or death from breast cancer was strongest against the most commonly diagnosed breast cancers. The study builds on previous evidence about the link between breast-feeding and breast cancer, said Dr. Joanne Mortimer, director of Women's Cancer Programs and co-director of the Breast Cancer Program at City of Hope Cancer Center, in Duarte, Calif.

The message that's reinforced in the new research, Mortimer explained, is that "women who breast-feed get less aggressive breast cancer." While that has been known, the new study adds detailed findings about tumor types, she said. Kwan's team looked at two groups of women, some diagnosed from 1997 to 2000 and others diagnosed from 2006 to 2013. Most were patients at Kaiser Permanente, a large health maintenance organization. The researchers found an association between breast-feeding and a more favorable outcome for breast cancer patients, but the study didn't prove cause-and-effect. The investigators found the link to be statistically significant with breast cancers known as luminal A subtypes, including tumors known as estrogen receptor-positive (ER-positive), the most common of all breast cancers. However, they did not find the link to be statistically strong for other subtypes of breast cancer.

While Kwan found an overall 30 percent reduced risk of breast cancer recurrence among those who breast-fed, when they took the length of breast-feeding into account, any duration decreased risk, but the link was not as strong for those who did so for less than six months. The American Academy of Pediatrics (AAP) recommends exclusive breast-feeding for about six months, followed by continued breast-feeding as foods are introduced, for up to a year or longer. Breast-feeding helps protect babies from diseases such as diabetes, from infection and from becoming overweight. Mothers who breast-feed have a lower risk of developing breast and ovarian cancers, according to the AAP.

Kwan and others speculate that breast-feeding may be protective for a number of reasons. For instance, it reduces a woman's lifetime number of menstrual cycles, and that lowers the accumulated exposure to hormones that can help some cancers grow. Breast-feeding also increases differentiation, or maturation, of the ductal cells in the breast, perhaps making them more resistant to cancer, Kwan explained. Mortimer said that possible mechanism makes sense, based on a concept that the breast isn't fully developed until a woman has lactated.

**More information**

To learn more about breast-feeding, visit the [U.S. Department of Health and Human Services](#).

SOURCES: Marilyn Kwan, Ph.D., research scientist, Kaiser Permanente division of research, Oakland, Calif.; Joanne Mortimer, M.D., director, Women's Cancer Programs, and co-director, Breast Cancer Program, City of Hope Cancer Center, Duarte, Calif.; April 28, 2015, *Journal of the National Cancer Institute*, online

Copyright © 2015 HealthDay, All rights reserved.



Together, better health

[www.apwuhp.com](http://www.apwuhp.com)

(800) 222-2798

# Nilan Scholarship Application Form

Applications for the Nilan Scholarship must be postmarked on or before July 1, 2015. The essay topic for 2015 is *“How Does the APWU Auxiliary Make the Postal Service Better?”* All essays must be typed, double spaced, on white paper, between 175 and 250 words. Essay must be accompanied by the official scholarship form and mailed via certified mail, return receipt requested to: Debra A. Stewart, Chairperson, 6400 Guilford St, Forest Hill, TX 76119-7111. E-mail: tycozz@aol.com. See auxiliary website for complete details. **Graduating high school seniors are not eligible for this scholarship.**

**Hurry, Hurry, Don't miss the JULY 1st, 2015 Deadline!**

## Scholarship Official Application Form

Applicant's 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 \_\_\_\_\_

### PERSONAL INFORMATION

*(optional - to be used for information for a press release if your entry is selected as our 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 hereby grant my permission for the above information to be used in a press release

Date: \_\_\_\_\_ Signature: \_\_\_\_\_



# June 2015

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

## 2014-2016 National Officers

**PRESIDENT** Kathy Danek  
402-464-8549 402-464-8557 (fax)  
4261 Knox, Lincoln, NE 68504-1955  
[kmdanek@aol.com](mailto:kmdanek@aol.com) or  
[kmdanek@apwuauxiliary.org](mailto:kmdanek@apwuauxiliary.org)

**SECRETARY** Patricia Lewis  
804-644-3843 (fax/voice-office)  
804-644-6454 (home)  
1500 N 30 St, Richmond, VA 23223  
[netta15@aol.com](mailto:netta15@aol.com)

**TREASURER** Trisa Mannion  
970-245-3912 (fax) 970-243-7706  
3038 Cloverdale Ct  
Grand Junction, CO 81506  
[tmaux@aol.com](mailto:tmaux@aol.com) or [tman-nion@apwuauxiliary.org](mailto:tman-nion@apwuauxiliary.org)

**LEGISLATIVE AIDE-EDITOR** Bonnie Sevre  
612-788-3440  
2836 Highway 88  
Minneapolis, MN, 55418-3243  
[bsaux@aol.com](mailto:bsaux@aol.com)

**DISTRICT 1** Colette Phillippe  
406-453-6085  
5600 57th Ave. SW,  
Great Falls, MT 59404  
AK, ID, MT, OR, WA, WY  
[cpauxdc1@aol.com](mailto:cpauxdc1@aol.com)

**DISTRICT 2** Rebecca Kingsley  
562-355-3308  
PO Box 93686  
City of Industry, CA 91715 -3686  
AZ, CA, CO, HI, NM, NV, UT  
[rkingsley@apwuauxiliary.org](mailto:rkingsley@apwuauxiliary.org)

**DISTRICT 3 VACANT**  
Please contact President Danek  
IA, KS, MO, MN, NE, ND, SD

**DISTRICT 4** Debra Stewart  
817-534-9130 fax 817-534-2279  
6400 Guilford, Fort Worth, TX 76119  
AR, LA, MS, OK, TX  
[tycozz@aol.com](mailto:tycozz@aol.com)

**DISTRICT 5 VACANT**  
Please contact President Danek  
IL, IN, KY, OH, MI, WV, WI

**DISTRICT 6** Clara Hill  
865-637-1867  
2710 Waverly St  
Knoxville TN 37921  
AL, FL, GA, NC, SC, TN, VA  
[wavechill@att.net](mailto:wavechill@att.net)

**DISTRICT 7** Joyce Tanguay  
207-772-8521-  
236 Westbrook Street  
South Portland, ME 04106-3326  
CT, DE, ME, MD/DC, MA, NH, NJ, NY, PA, RI, VT  
[jetang@maine.rr.com](mailto:jetang@maine.rr.com)

## Human Relations Backpack Project

Joyce Tanguay- Chair, Bonnie Sevre-Co-chair

Excerpt from: "Your story - Cynthia and Stephen" on [Feeding America.org](http://FeedingAmerica.org)  
There have been many times I've wondered how I would feed my children. When I placed them in school however, someone told me about the Backpack program – sponsored by the Northern Illinois Food Bank – that sends my children home with backpacks full of nutritious food every Friday. Each weekend, they are excited to get home and see what is in their backpacks and I am relieved knowing our entire family will get enough to eat. (For the rest of the story go to [FeedingAmerica.org](http://FeedingAmerica.org), your story, Cynthia and Stephen)

### Feeding America Backpack Program



### Care to Donate?

Please make checks payable to :  
Auxiliary to the APWU

Mail to :

Trisa Mannion, Treasurer  
Auxiliary to the APWU  
3038 Cloverdale Ct  
Grand Junction, CO 81506

[apwuauxiliary.org](http://apwuauxiliary.org)

## 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