

Associate Offices

Minnesota:

Afton
Bayport
Bethel
Braham
Cambridge
Cannon Falls
Castle Rock
Cedar
Chisago City
Circle Pines
Cottage Grove
Dalbo
Dennison
Farmington
Forest Lake
Grandy
Grasston
Hampton
Hastings
Hugo
Isanti
Lakeville
Lindstrom
Marine on St.
Croix
Mora
Nerstrand
Newport
North Branch
Northfield
Owatonna
Pine City
Randolph
Red Wing
Rosemount
Rush City
St. Paul Park
Scandia
South St. Paul
Stacy
Stillwater
Vermillion
Welch
Willernie
Wyoming

Wisconsin:

Amery
Beldenville
Clayton
Clear Lake
Deer Park
Ellsworth
Glenwood City
Hager City
Hudson
New Richmond
River Falls
Somerset
Star Prairie
Willson

Are You Ready To Stand-Up And Fight For Employee Rights?



All, a growing problem within our organization is the lack of newer employees wanting to get involved with their Local. This same concern is affecting all 3 crafts we represent (clerk, Maintenance, MVS). Clerk Craft members, you currently have a vacancy in your Clerk Craft Director position as no one came forward at the nomination meeting. Your craft is at the point where we need members to step up and get involved in your Union. Many of your officers and stewards are getting to the point where their retirement is quickly approaching. Now is the time to step-up so the vast knowledge of your Local Union representatives can be passed down to you. You are the Union, if members do not come forward it is the Craft that will suffer. Your Local officers and stewards will do their best to absorb the duties of the Clerk Craft Director. However, to be completely honest this is just putting a temporary bandage on the problem.

The first step in understanding the responsibilities is becoming a Local steward. Now I will not lie, being a union representative does have its stressful moments. However, at times it can also be very rewarding. For me, fighting for those who can not fight for themselves is what continues to drive me to stay involved.

When I look at our membership today we represent all walks of life and ethnicities. It is these differences that make our organization strong. When organized Labor stands together there is nothing we can't accomplish together, the sky's the limit. The benefits and pay we enjoy today was achieved on the backs of the brothers and sisters who came before us. Fighting for employees rights is what we do as a Union.

So are you ready to stand up and Fight?

If you are interested in what the responsibilities of a steward and the Clerk Craft Director are please reach out to Bruce or Jason at the stewards desk (651-224-2639).

Solidarity,

Dave Cook

President



Tour Steward Kim Richardson is Back!

The light is on!!! Representation is here during Tour 1 hours!!!

If management wants to take you in the office and it leads to discipline, ASK FOR A STEWARD.

If you get bypassed for overtime, ASK FOR A STEWARD.

If management is harassing you, ASK FOR A STEWARD.

If you're being displaced, ASK FOR A STEWARD.

Any other grievances, ASK FOR A STEWARD.

If you don't understand your rights, ASK FOR A STEWARD.

WE THE UNION ARE HERE TO HELP YOU!

STOP by say HI and wave!

Kim Richardson

Tour 1 Steward



Vice President's Report

Hello Brother and Sisters,

I want to thank the membership for allowing me to move up to the Vice President position. I had been the longest standing Clerk Craft Director for St Paul Local. It had been an honor to serve that position but it was time for a change.

I want to thank the membership for sending me to the WI state convention and I am writing this article at the MN state convention. Thanks for sending me to the state convention too.

I want to thank all the stewards for all their hard work. I also want to thank Noah and Sache for stepping up and becoming new clerk stewards. We need more members to step up on tour 1. We are glad to see Kim Richardson is back being a steward.

I am still having employees fail to ask for a steward when they are being brought into the office by their supervisor or MDO. Always ask for a steward and especially if the PI or OIG agents want to talk to you!

I also want to remind members if anything on the floor changes like management moves work to the mail handlers or changes a break down area you need to let me know. This is a violation of the RI-399 process that we signed off on. Let's not give our work away without a fight.

Thanks

Bruce Gutzke

Vice President



Trustee Chair Report

Hello Sisters and Brothers

I would like to start off with a THANK YOU to the Membership. As a delegate I was able to attend the 2022 Minnesota State Convention on May 1-3 2022. There were many resolutions that were brought forward for the betterment of the members.

The Trustees and myself completed the first Quarter 2022 Audit with receipts accounted for. Thank you Sue, Matt and Tim for your assistance.

On Apr 28, 2022 I attended the Q3 FY2022 Safety and Health/Fire Inspection at the St. Paul MN VMF. There was a report submitted and should be available at the facility to see with the deficiencies.

MEMBERS.....PLEASE CALL 651-778-1637 TO GIVE YOUR NEW ADDRESS WHEN YOU MOVE.
THANK YOU,

Shelley R. Fleming

April GMM Drawings

Door Prizes

\$50—Sue Rodriguez

\$300—Marisaa Vang (not present)

You must be present to win



Recent Grievance Settlements

The Union settled grievances for a total of \$25,160 in April.

The Union is working hard for you, both in the grievance procedure and in the fight to Save America's Postal Service.

We need you to step up to the plate! If you know a non-member, please ask them to consider joining, we all need to pull together to protect the Postal Service. The Local is approximately 92% organized.

AHA News: Uncontrolled Blood Pressure, Diabetes May Be Common Among People With Heart Failure

THURSDAY, April 28, 2022 (American Heart Association News) -- Many people with heart failure also have diabetes or high blood pressure. But new research suggests those conditions, even when treated, aren't well controlled, placing people at risk for worsening heart problems.

"We know that controlling hypertension and diabetes is critical for people with heart failure," said Dr. Madeline Sterling, a primary care physician at Weill Cornell Medicine in New York City. "But few studies have been able to ascertain how well those risk factors have been controlled. This study really takes a big step forward in doing that."

Sterling wrote an editorial accompanying the study that appeared Thursday in the American Heart Association's journal *Circulation: Heart Failure*.

Heart failure occurs when the heart can't pump as well as it should and fails to deliver enough oxygen to the body, making it harder for people to perform everyday tasks. Hypertension, another name for high blood pressure, and diabetes are major risk factors for heart failure, which affects more than 6 million people in the U.S., especially those who have other heart problems or who have had heart attacks.

In the new study, researchers analyzed 18 years of data from the National Health and Nutrition Examination Survey, a series of federal studies assessing the prevalence of major diseases and their risk factors among U.S. adults.

While just 8% of 1,423 people diagnosed with heart failure had poor glycemic control, defined in the study as a hemoglobin A1C level of 8% or higher, 21% of those being treated for diabetes failed to meet blood glucose goals. This did not vary by race or ethnicity.

Researchers also found 48% of people with heart failure had uncontrolled hypertension, which the researchers de-

fined as a systolic blood pressure, the top number in a reading, of at least 130. Among people prescribed blood pressure-lowering medication, poor control was even higher, at 51%. Black adults had higher uncontrolled rates than their white peers, at 53% compared to 47%.

That higher rate of poor blood pressure control among Black adults with heart failure was not surprising since it mirrors racial disparities in blood pressure control in the general population, said Dr. Sadiya Khan, senior author of the study, funded in part by the AHA.

"This speaks to a larger problem, which is a systemic failing to control the leading risk factors that account for the greatest number of non-communicable deaths worldwide," said Khan, an assistant professor of medicine at Northwestern University Feinberg School of Medicine in Chicago.

"The reasons for these disparities are manifold," said Dr. Leah Rethy, a resident physician at the University of Pennsylvania Perelman School of Medicine and lead author of the study. They include the history of structural racism in the U.S., which is largely responsible for disparities in access to health care, proximity to green spaces where people can safely meet exercise goals and "all sorts of things that influence somebody's life course up until the time they get heart failure," she said.

While the vast majority of people in the study had insurance, they also reported incomes below the poverty line, which could affect their access to quality care or the ability to pay for medications, said Sterling, who was not involved in the research. The study also did not track whether people being treated for high blood pressure and diabetes were actually taking the medications prescribed to them.

The study documented only the prevalence of uncontrolled blood pressure and poor glycemic control, not why those risk factors were uncontrolled, Rethy said.

"We think there's probably a number of reasons that include a lack of understanding or focus from providers about the importance of blood pressure control, but also perhaps a lack of accessibility to consistent and affordable primary and specialty care for adults with heart failure," she said, "particularly those under age 65 who don't qualify for Medicare."

Sterling added that "it's actually quite hard to control these risk factors. It's not just a matter of giving people medications. This study is shedding light on this."

Many people who have heart failure are older, frail and may have cognitive issues, so it may be difficult for them to perform the extensive self-monitoring needed to manage their health, she said. "A lot is put on patients to manage this at home, and it's a challenge."

But that doesn't mean it's an insurmountable one, Rethy said. The key is finding ways to help health care professionals and patients put into practice what researchers know about how to get blood pressure and blood glucose levels under control.

"There are many good medications and lifestyle interventions that we know work," she said. "We shouldn't think of it as too lofty to achieve. We have access to lots of tools to help fix it."

American Heart Association News covers heart and brain health. Not all views expressed in this story reflect the official position of the American Heart Association. Copyright is owned or held by the American Heart Association, Inc., and all rights are reserved. If you have questions or comments about this story, please email editor@heart.org.

By Laura Williamson, American Heart Association News



Delegates at the MN State Convention:

Front row: Shelley Fleming, Bruce Gutzke, Terri Griner, Sue Rodriguez, Matt Garcia

Back row: James Prantner, Jim Pierce, Adam Godes, Dave Cook, Jason Stevens



Minnesota State officers getting sworn in at the MN State Convention

IRD Report

I would like to thank the membership for sending me to the Minnesota 26th biennial convention. We discussed several resolutions that we will bring forward at the National convention.

Although we have had a couple new stewards step up to represent the APWU members we are still in need of more. If you are interested in getting involved with the Union please come to the Union office and we can talk. We have other needs other than stewards also.

If you were out with COVID19 outside the time frame of when the postal service was paying and you have filled out a CA1 and there has not been any movement please come to the Union office and we can see why.

Management does not want to pay you for that time and will do what they can to make it hard for you to get paid and would rather force you use your own leave.

I will end my article with this, the Union

has made it easier than ever to participate in a Union meeting through zoom. All you have to do is contact our secretary at 651-778-1637. She will ask for your email address and shortly before the meeting she will send you an email with the zoom link.

Jason Stevens
IRD

Maintenance

I want to thank the membership for sending me to the MN State Convention.

Management is starting to bring employees in for Investigative Interviews, sometimes referred to as the Employee's Day in Court for various reasons. If management does bring you in, request union representation. Once you request a union steward management is not allowed to continue the interview.

If, for some reason you don't request union representation and management ends up issuing you discipline it is imperative that you contact a union steward right away so we can start the grievance process. If your discipline doesn't get grieved it will be live on your record for two years.

Even if management brings you in for an Official Job Discus-

sion you have the right to union representation before and/or after the discussion.

The same goes for if you're brought in to talk to the Postal Inspectors (PI) and/or Office of Inspector General (OIG).

Always request a steward!

Matt Garcia

MCT/Steward

These new members were welcomed to the Union at the April GMM

Sadik Aga

Maya Kimble

Michael Link

Barbara Marohnic

Meggin Murphy

Naly Song

NEWS AND VIEWS FROM THE ST. PAUL AREA LOCAL APWU RETIREES CHAPTER

There was a quorum at the February Meeting and new officers were elected. Congrats and thanks for stepping up to the new officers: Bill Catlin - President and Joe Marino - Vice President.

The next meeting will be May 18th at 11:00 at the union office. If you wish to attend via zoom, please call the union office at 651-778-1637 and leave your email address. We will be sure to send you the link. If you attend in person, we will have refreshments.

Remember, we have our annual picnic in July so we will be planning that at the May meeting! The picnic is always fun and we appreciate everyone who volunteers to help.

As always contact your representatives about postal issues! **(202) 224-3121**

Motor Vehicle Services

I'm sorry there won't be any rhyming going on as I'm under the gun to get an article written.

It's been a crazy month with all the changes in the Union.. Dave Cook was elected President, Bruce Gutzke was elected Vice President and our previous President went on to be National Business Agent for the Clerk Craft... I want to congratulate each of them for their new roles in our leadership.

Lately in MVS we have been dealing with the same ol' bullshit, management tells us THIS and we end up doing THAT, which was the complete opposite and it's getting very frustrating.

I'd like to bring up a subject which irritates most drivers and that would be the Annex. It is the most ridiculously run operation in the St. Paul - Minneapolis area.

There is a contract set-up with Justman Trucking to run the loads to and from the ANNEX, and what seems to be happening is the Annex calls MVS dispatch letting them know a load is ready and when the driver arrives the load isn't ready and the driver has to wait, making them late for the next segment of their route.

My questions are as follows Where is the

contract driver? Why isn't a dispatch schedule for loads leaving the ANNEX set-up? Why are the loads out of the NDC (a Minneapolis operation) being pulled by St. Paul MVS? Of course there are more questions I would like to get answers to but it seems I can't get anything answered...at least truthfully.

The ANNEX is the most unorganized, unsafe and quite honestly a JOKE of a place. They had multiple pull-aways so their fix is to place cones in front of the trailers, glad-hand locks but the best one is to give your tractor keys to someone while they are loading your trailer and until it is written into postal policy and this policy happens at every ANNEX across the country... I will not give my tractor keys to anyone..especially at a place I personally consider a JOKE.

Still happening in the MVS Craft...

*MVS management still performing bargaining unit work (Clerk Vehicle Dispatcher)

*Non-Compliance of the DAS Award grievance (now grieving Out Of Schedule Premium for PTF's who should have been converted and placed into the 5 positions)

As of now we have roughly 11 cases at

Step 3 with 10 more following to Step 3 which are waiting for a decision and a monetary remedy for Clerk Vehicle Dispatcher grievances.

I learned as of writing this post that the National MVS Officers are going back to arbitration in July to deal with the DAS work again. I will update everyone on the outcome in the upcoming posts.

I LEARNED SOMETHING THAT I WANT TO SHARE WITH EVERYONE. IF YOU KNOW YOU ARE GETTING AN OFFICIAL JOB DISCUSSION....YOU MAY REQUEST A STEWARD BEFORE OR AFTER YOUR OFFICIAL JOB DISCUSSION. THE STEWARD MAY NOT JOIN YOU WHILE THE DISCUSSION TAKES PLACE. IF YOU DON'T GET A STEWARD THEN REQUEST TO SEE A STEWARD TO FILE FOR NOT GETTING A STEWARD.

ASK FOR A STEWARD , ASK FOR A STEWARD , ASK FOR A STEWARD , ASK FOR A STEWARD !!!!!!!!!!!

Adam Godes

MVS Craft Director

**ST. PAUL, MN AREA LOCAL
APWU AFL-CIO
PO Box 21128
St. Paul, MN 55121
2261 Waters Dr
Mendota Heights, MN 55120**

Phone 651-778-1637

OFFICERS

Dave CookPresident
Bruce Gutzke.....Vice President
Jason StevensIRD
Camille TuckerSecretary
Tim Strong..... Treasurer
Vacant.....Clerk Craft Director
Jim Pierce.....MNT Director
Adam Godes MVS Director
Shelley Fleming.....Trustee Chair
Sue RodriguezTrustee Clerk
Matt GarciaTrustee MNT
Ray KoserMVS Trustee

We're on the Web!
stpaulapwu.org



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Return Service Requested

Retiree Dues for 2022 are due!

With death benefit— \$20.00

Just membership - \$14.00

Send to:

PO Box 21128

St. Paul, MN 55121

MORNING MEETING!!

General Membership Meeting

May 24

11:00 a.m.

Attend in person, or via Zoom!

Call the union office and give us your email address to receive a zoom link.

Or attend in person at 2261 Waters Drive

**General Membership Meeting
Schedule**

2022

January 25	11:00 A.M.
February 22	6:15 p.m.
March 22	6:15 p.m.
April 26	6:15 p.m.
May 24	11:00 a.m.
June 28	6:15 p.m.
No meetings in July or August	
Sept 27	6:15 p.m.
October 25	11:00 a.m.
November 22	6:15 p.m.
No meeting in December	

Retiree Meeting

May 18th

At the Union Office 2261 Waters Dr

Attend in person or via Zoom!