



# President's Report

By Bill Brady



**G**reetings members! Let me begin by introducing myself. I am your APWU president, Bill Brady, and I am here to make the union stronger, more respected, improve the quality of your representation, hold management accountable and last, but definitely not least, **protect the contract!**

I attended the APWU National Convention and it was a huge success. It illustrated how contract changes and resolutions are suggested and initiated before being brought before the Postal Service. I was able to have a one-on-one meeting with National President Mark Dimonstein. I am looking forward to attending the next APWU National Convention and relaying even more information to you.

I am very disturbed by the high volume of harassment cases that are being presented by the members. This does not sit well with me and I am currently working with the stewards on our strategy on how we will overcome this and hold management accountable. **This will not be tolerated and it will be addressed!**

I had my first MVS craft meeting and was very pleased with the level of participation. MVS Director Leonard Nunn conducted the meeting well and was able to have great discussions with the drivers. We will have more craft meetings in the immediate future for each and every craft.

New steward training starts September 20. I am so excited to have 22 members who are interested in becoming stewards and, in turn, make the union stronger! There were six of us when I went to training so I was blown away and appreciative of all the members who reached out to me to extend their request to be a union shop steward. I'm looking forward to working with you in the training class. Director of Research Dean Hathaway is eager to educate you all on the APWU contract, handbooks and manuals.

I am pleased to announce that the Line H training will be via Zoom on September 28. I have sent an invitation to all maintenance shop stewards to attend. I strongly suggest they attend and they are looking forward to the class. Knowledge is power and it will be taught in that class.

Speaking of which, we also have the state fall conference coming up on October 1-2 in Boonville, Mo. Twelve stewards will be attending this conference. So that's it for my report. Training, training, training and holding management accountable pretty much sums it up, Thank you for your time and I look forward to working with you in the future. My office door is open for walk-ins every day from 8:30 a.m. to 5 p.m. One team, one fight. In solidarity.

## Executive Vice President

By Gene Hollenbeck



I would like to remind everyone to try to get along with your co-workers. Please don't do anything that will get you put off the clock. We have had numerous incidents where employees get into verbal and/or physical altercations. This will only result in both employees being put off the clock. Management will not decide who is at fault, but will put both employees off the clock and then do an investigation. They will bring you back for a PDI and then decide whether or not to issue discipline. We are coming into our peak season and everyone needs their paycheck. Be kind to each other.

Attendance is the other thing that will get you into trouble. If you don't come to work when you are scheduled, you will end up getting discipline, which can be a letter of warning, a suspension or even a removal. If you have a serious health condition that could be cov-

ered by FMLA, make sure that you have your doctor fill out the paperwork and then request your leave under FMLA.

We will be getting ready to start our vacation selections for 2023. Please be ready when the stewards come to you for your vacation pick. For the newer FTRs, vacations are selected by seniority within your section. For the plant and annex, your vacation begins after your second non-scheduled day. The weeks begin on Saturday and end on Friday. Your vacation is based on your non-scheduled days. If you have any questions about vacations, contact your steward.

Thank you for your support and always remember, **we are all in this together.**

**Union Strong All Day Long**

# COME TO OUR SIDE OF THE FENCE

We started in 1928 as the credit union for postal workers. Today, we've opened our doors to everyone in our surrounding communities, but our roots remain. We can save you money on:

- Checking accounts with online banking, mobile banking, mobile deposit and more<sup>1</sup>
- Auto loans with low rates and no payments for 90 days<sup>2</sup> (even on refinances!)
- Home equity loans with low rates and no closing costs<sup>3</sup>
- Mortgage loans with competitive rates
- Savings, CDs, money markets and IRAs
- Club accounts for youth, teens and seniors
- And more!

Start saving money and open your accounts and loans online today!



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Jennings • Manchester • South County • St. Peters

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Where the grass is greener

<sup>1</sup>Message and data rates may apply from your wireless carrier. <sup>2</sup>Interest will continue to accrue during deferral period. <sup>3</sup>If loan is paid off and closed within 24 months from opening of loan, member must reimburse the credit union for fees paid.

Membership eligibility required on all offers. Restrictions apply on all offers. See Neighbors Credit Union for complete details on all offers.



Editor's

By Shelia Patton-Harris

Corner



I had the privilege to attend the 2022 National APWU Convention. This convention was attended by over 2,000 delegates from all over the country including, Guam and the U.S. Virgin Islands. Decisions concerning the next contract and resolutions from different locals are discussed and voted on. This is our wish list. Disputes not settled at the local level are appealed to the convention. It is an exciting time to see how our union works.

There are speakers at the convention from other industries that are trying to form their own unions. This year we had employees from Amazon and Starbucks. What they are trying to achieve are the same things APWU was asking for 50 years ago. They want a living wage and safe working conditions.

Six Amazon workers were killed in a building collapse following a tornado in Edwardsville. Questions about the safety of the building and the lack of an evacuation plan are major concerns. Starbucks has tried to prevent their employees from forming a union by cutting employee hours and using other union busting strategies.

It is a sad state of affairs that in 2022 employees are still fighting to have their basic needs met by their employer. We in the APWU should be proud of the strides we have made in the area of wages and working conditions. But for many, **the struggle continues.**

On a personal note I would like to thank Bobby Riehl and Orlando Anderson for all their help during the convention. Thanks guys!

# ATTENTION!

**Due to a power outage and**

**ballots being mailed to the wrong address,**

**the July election will have to be run again.**

**The ballots will be mailed on November 4 and**

**the election will be November 28, 2022.**



## Clerk Craft Director

By Darren Pruitt

**G**reetings members. We need everyone to turn in any type of discipline that you may receive ASAP. If it is mailed to you, you should contact us by way of the steward booth or call the Union Hall. It is very important that you notify your steward as soon as possible because you only have 14 days after you receive the discipline to file a grievance. After 14 days that discipline will stay in your file for two years. Filing a grievance allows management and the union to negotiate for a lesser term, which by no means do they have to.

Make sure that you get and keep confirmation numbers for call ins. Make sure your 3971 reflects the type of leave you requested. Sometimes management will go in the system and change your status. If this occurs, contact your steward.

## WHAT IS A MAMMOGRAM?

A **mammogram** is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt.

### Tips for Getting a Mammogram:

- If you are due for a mammogram and have been recently vaccinated for COVID-19, ask your doctor how long you should wait after vaccination to get your mammogram.
- Try not to have your mammogram the week before you get your period or during your period. Your breasts may be tender or swollen then.
- On the day of your mammogram, don't wear deodorant, perfume, or powder. These products can show up as white spots on the X-ray.
- Some women prefer to wear a top with a skirt or pants, instead of a dress. You will need to undress from your waist up for the mammogram.

### WHAT HAPPENS IF MY MAMMOGRAM IS NORMAL?

Continue to get mammograms according to recommended time intervals. Mammograms work best when they can be compared with previous ones. This allows the radiologist to compare them to look for changes in your breasts.

### WHAT HAPPENS IF MY MAMMOGRAM IS ABNORMAL?

An abnormal mammogram does not always mean that there is cancer. But you will need to have additional mammograms, tests, or exams before the doctor can tell for sure. You may also be referred to a breast specialist or a surgeon. It does not necessarily mean you have cancer or need surgery. These doctors are experts in diagnosing breast problems. Doctors will do follow-up tests to diagnose breast cancer or to find that there is no cancer.

### HOW CAN THE APWU HEALTH PLAN HELP?

Both the **High Option** and the **Consumer Driven Option** cover annual routine mammograms - including 3D mammograms - for women age 40 and older at 100% when you stay in-network.

Call us at:

*So don't hesitate and do your part to help detect cancer before it's too late. Talk to your healthcare provider to set up an appointment and get screened today!*

1-800-222-2798

1-800-622-2511 (TTY)

8:30 a.m. – 6:30 p.m. ET

Monday – Friday

**APWU**  
HEALTH PLAN

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BETTER HEALTH.

www.apwuhp.com  
(800) 222-2798

# What you need to know about flu shots



Influenza (flu) is a contagious respiratory infection that circulates around the world each year and usually hits the United States between October and May. The viruses that cause the flu are most often spread by coughing, sneezing, or close contact.

Anyone can get the flu. According to the CDC, it tends to strike suddenly and can last for several days. Although it has some of the same symptoms as the common cold — a runny or stuffy nose, cough, sore throat, and fatigue — the flu can lead to pneumonia, blood infections, or even death. Other symptoms of the flu include fever, body aches, headache, and chills.

## Flu is more dangerous for some people

Each year, thousands of people in the U.S. die from the flu. It can cause serious complications, particularly in infants and young children, adults age 65 and older, and pregnant women. If you have a medical condition, such as heart disease, the flu can make it worse. Influenza infection can also trigger asthma attacks in people with asthma.

Flu vaccines are the best way to prevent flu and its complications. Although not 100% effective, a flu shot can keep you from getting infected, make the flu less severe if you get it, and keep you from spreading it to your family and others.

## Who needs an annual flu shot?

The CDC recommends that everyone six months of age and older should get a flu vaccine every year. The vaccine is given as a shot, usually in the arm, or as a nasal spray.

## Who should not get a flu shot?

Children younger than six months of age are too young to get a flu shot. If you have a severe allergy to the vaccine or to eggs, gelatin, antibiotics, or other ingredients in the vaccine, ask your doctor or pharmacist if the vaccine is right for you. Also, you may not be able to get a flu shot if you have a history of Guillain-Barré syndrome (GBS). Finally, if you're under the weather, it's often best to wait to get a flu shot until you're feeling better.

## Why do you need a flu shot every year?

Flu viruses evolve quickly. Manufacturers release new flu vaccines every year to protect against the three or four influenza viruses that researchers expect to be in circulation during the upcoming season. It's impossible to predict influenza viruses with 100% certainty, so the effectiveness of the flu vaccine varies from year to year.

In recent years, when the flu vaccine matches the viruses that are circulating, vaccination reduces the risk of illness by about 40-60%. Sometimes it's less effective, sometimes more. In past years, the vaccine has been up to 90% effective at preventing the flu.

## A flu shot can't give you the flu

Contrary to what you may have heard, you can't get the flu from a flu shot. Some flu vaccines contain no flu viruses at all, while others are made with inactivated viruses that can't spread infections. However, there are a number of reasons why you might not feel well after getting a flu shot:

1. Side effects of a flu shot can include soreness, redness, or swelling at the injection site. Also, as your body produces protective antibodies, you may experience a low-grade fever, headache, or muscle aches.
2. Two weeks is about the time it takes for the flu shot to become fully effective. If you were exposed to a flu virus right before you got vaccinated — or during the time it takes your body to develop full protection — you could catch the flu before the vaccine starts to work.
3. Different flu viruses circulate each year. You could get sick if you're exposed to a virus that's not included in the seasonal flu vaccine.
4. Health factors and age can affect how well a flu shot works. Some people can catch the flu despite being vaccinated. Flu vaccine is most effective for older children and adults under the age of 65. Some older people and those with certain chronic illnesses may develop less immunity after getting a flu shot. But if you catch the flu, the vaccine offers some protection. Your illness is likely to be milder, and you're less likely to be hospitalized.
5. Other illnesses, like the common cold, can produce flu-like symptoms.

## Lower your risk of getting the flu

While a flu shot isn't perfect, it's your best defense against the flu. Of course, there are other steps you can take to help protect yourself from all kinds of viruses:

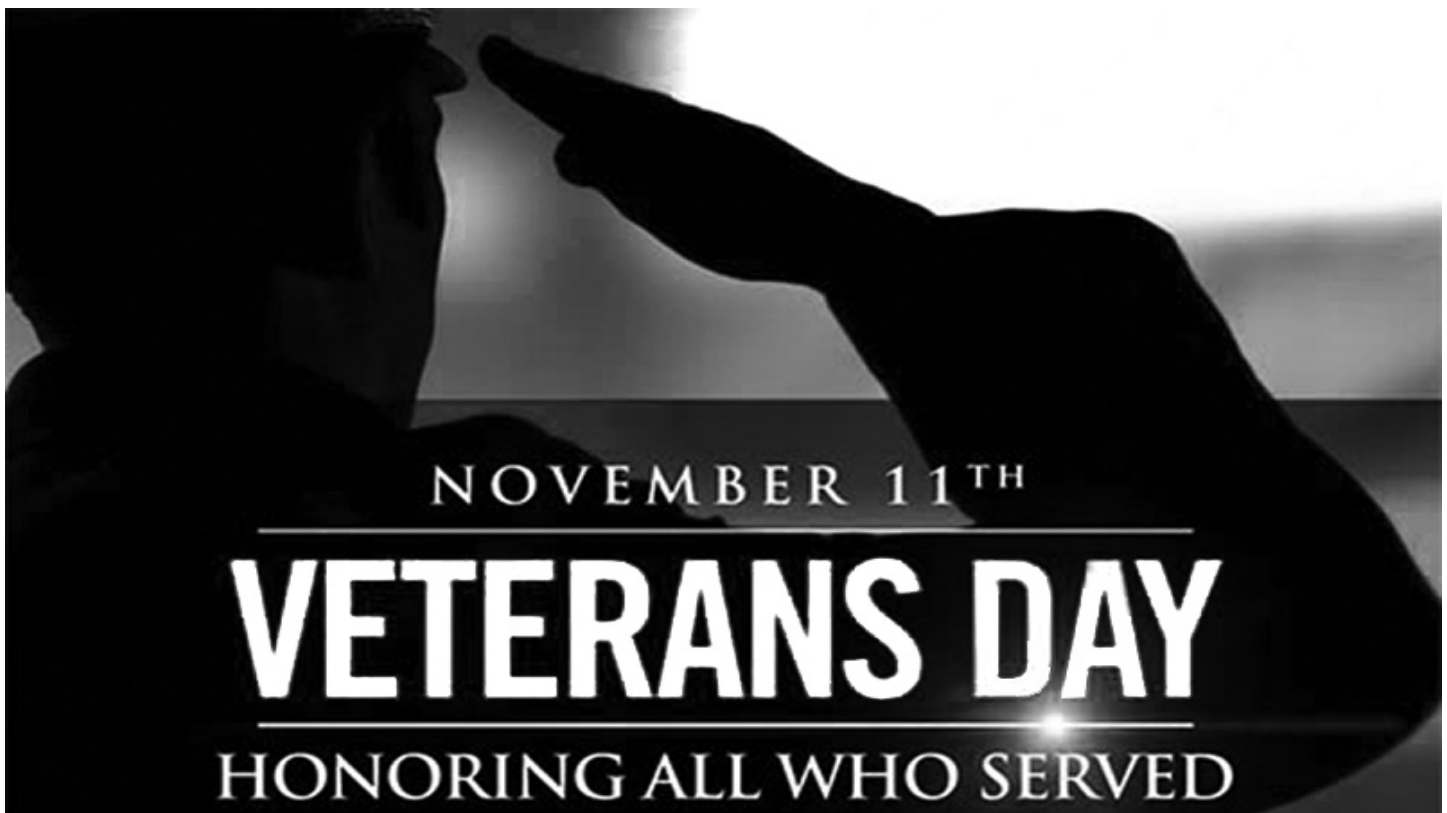
1. Wash your hands often with soap and water. (If soap and water aren't available, use an alcohol-based hand sanitizer.)
2. Don't touch your eyes, nose, or mouth.
3. Avoid crowds during the height of the flu season.
4. Stay home from work or school if you get sick.
5. Living a healthy lifestyle can also help keep you at the top of your game. Eat a healthy diet. Stay physically active. Get plenty of sleep. And manage your stress.





**NATIONAL HISPANIC  
HERITAGE MONTH**

September 15<sup>th</sup> - October 15<sup>th</sup>



NOVEMBER 11<sup>TH</sup>

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**VETERANS DAY**

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HONORING ALL WHO SERVED

## Postal Pulse Survey Winners

Name	Location	Amount
1. Laura Klein	Hazelwood Annex	\$250
2. James Morton	VMF	\$250
3. Harriet Mosley	P&DC	\$200
4. JoAnna Harrison	P&DC	\$200
5. Joyce Hampton	U. City	\$150
6. Kathleen Malone	P&DC	\$100
7. Jittuan Allen	Support Service	\$100
8. Robert Riehl	MVS	\$100
9. Alan Dixon	VMF	\$100
10. Karey Dabney	P&DC	\$50
11. Nicholas Whale	VMF	\$50
12. Timothy Ehlers	VMF	\$50
13. Anecia Garrett	Maplewood	\$50
14. Stacy Benton	P&DC	\$50
15. Nita Williams	P&DC	\$50
16. Kelly Palmisano	House Springs	\$50
17. Dean Foster	KC-MO Dist	\$50
18. Ronald Siebert	P&DC	\$50
19. Clarence Jones	VMF	\$50
20. David Kindle	MVS	\$50

Thank you for taking the time and submitting your postal pulse surveys.





We Wish to Extend  
Our Condolences to  
the Friends and  
Families of:

**Bernadette Beard**  
Mother of Tamara Beard

**Glennon Brooks**  
Father of Marvin White

**Charles Burkhead**  
Father of Michelle Battle and Kim Jones

**Harold Coleman**

**Curtis Moore**  
Father of Adrienne Hunter

**Michael Reeve**  
Brother of Cecilia Burgett

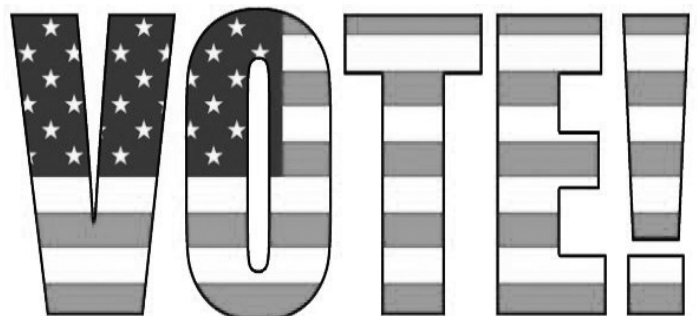
**Rose Amelia Rehagen**  
Mother of Margaret Arenivar

**Rosemary Schroder**  
Mother of Mary Ryann

**Michael Skinner**  
Father of Lavelle Talt

**James Steimeyer**  
Maintenance

**Lachelle Tate**



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## Press On

Official publication of the St. Louis Gateway District Area Local of the American Postal Workers Union, AFL-CIO published bimonthly. Opinions expressed do not necessarily reflect the views of the editor of the local. All articles submitted for publication are subject to editing.

**Shelia Patton-Harris ... Editor**  
PROUD MEMBER  
POSTAL PRESS ASSOCIATION

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Monday-Friday: 8 a.m. - 5 p.m.

Steward Booths, Downtown  
Clerk: 314-436-5331  
Maintenance: 314-436-4668  
MVS: 314-436-5027

## GATEWAY LOCAL CALENDAR

### October 10 (Monday)

October 12 (Wednesday)  
October 15 (Saturday)  
October 17 (Monday)

### Columbus Day Holiday

Executive Board Meeting (2 p.m.)  
Meeting General Membership (9:30 a.m.)  
Steward Training (9 a.m. & 6 p.m.)

November 9 (Wednesday)

### November 11 (Friday)

November 13 (Sunday)  
November 14 (Monday)  
November 24 (Thursday)

Executive Board Meeting (2 p.m.)

### Veteran's Day Holiday

Meeting General Membership (3 p.m.)  
Steward Training (9 a.m. & 6 p.m.)

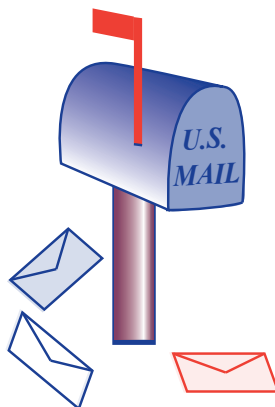
### Thanksgiving Day Holiday

There will be no General Membership Meetings  
in the months of July and August.

The Union Hall will be closed on holidays.

Due to the COVID-19 pandemic, Zoom meetings will replace in-person meetings and training until further notice. A closed captions interpreter is available for all General Membership meetings.

More information is available on the website. [stlouisapwu.org](http://stlouisapwu.org)



## Moving?

Send us your new address  
so we can stay in touch.

Help Nancy, our office secretary, by sending us your address changes. Your union spends many work hours and pays significant postage fees to obtain your correct address. We cannot get your union paper to you on time without your correct address. Thank you.