



Local 987 preparing for its Christmas party

By DON MONCRIEF
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AFGE Local 987 will hold its Christmas party Dec. 20 at the Museum of Aviation. It will be held from 6-11 p.m. Members get in free and are allowed to bring one guest (i.e. spouse, friend). Additional guests are \$25 each. You will need to RSVP by calling Union Hall at 478-922-5758, Ext. 21, and leaving a message with the person who answers or a voice-mail if not).

AJ the DJ will provide entertainment, which will include prizes awarded during the night.

The Local is seeking bids on three positions: Decorating, photographer and caterer.

The decorating team will need to list what they will provide for the event. Likewise for the photographer. As a minimum, this person/crow will need to provide their own backdrop(s) and take pictures of the event, individuals/couples, as well as to provide them with a picture at the party. A rotating 360-stand and/or novelty stand for pictures is a plus.

The caterer will need to provide a menu ahead of time. The deadline for that – to provide it to the event committee, which can be reached through McElhaney – is Nov. 20. As a minimum, they will need to provide two choices (i.e. pork and chicken, steak and seafood).

Expected attendance is 300. Attire is semiformal or formal.

Sharpen your labor relations skills with these upcoming trainings

Special to The Union Advocate

As the Federal Labor Relations Authority moves forward with a plan to eliminate the administrative law judges who arbitrate violations of our labor contracts, it's more essential than ever that our union leaders sharpen their skills and understanding of the Federal Service Labor-Management Relations Statute.

With that in mind, below is a list of upcoming trainings being conducted by FLRA assistant general counsels. All of the trainings are online, and you must register for each class in advance.

Upcoming FLRA Classes (all times Eastern)

✓ **Representation Cases.** When: 1-3:30 p.m., Sept. 23. Link: www.flra.gov/resources-training/training/representation-cases-2.

✓ **Meetings under the Statute.** When: 1-4 p.m., Sept. 30. Link: www.flra.gov/resources-training/training/meetings-under-statute-2.

✓ **7116(a)(1) and (b)(1) conduct and statements, discrimination and retaliation charges under 7116(a)(2) and (4), the flagrant misconduct standard, and union duty of fair representation.** When: 1-3:30 p.m. Oct. 7. Link: www.flra.gov/resources-training/training/7116a1b1-7116a2-and-4-flagrant-misconduct-and-duty-fair-0

✓ **Appeals.** When: 1-3 p.m., Oct. 14. Link: www.flra.gov/resources-training/training/appeals.

✓ **Information Requests.** When: 1-3:30 p.m., Oct. 21. Link: www.flra.gov/resources-training/training/datainformation-requests-2.

✓ **Bargaining under Title 5 Sections 7116(a)(5) and (b)(5).** When: 11 a.m.-4:30 p.m., Nov. 4. Link: www.flra.gov/resources-training/training/bargaining-under-title-5-2.

AFGE E-Dues

The need has never been greater! Sign up for E-Dues or direct dues. Visit Join.afge.org or Join.afge.org/L0987 or local987.com to sign up today!



SAVE THE DATE

Membership meeting

Local 987 will have a membership meeting Oct. 16 at 5 p.m. It will be held at Union Hall, located at 1764 Watson Blvd. Membership will be verified. You can make updates to your contact information by calling Union Hall at 478-922-5758 or by emailing Linda Baxter at linda@afgelocal987.org or Jeanette McElhaney at jmac@afgelocal987.org.

AFGE holds town hall meeting

National leaders provide updates on a number of topics

By DON MONCRIEF
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“AFGE is here to stay. Because we are united. We are committed and we are going to win.” That was AFGE National President Dr. Everett Kelley during the Town Hall meeting held online Sept. 16. Kelley opened the event and on the heels of the shooting of Charlie Kirk, a word on violence. “No matter what our politics are,” he said. “Violence like this tears at the fabric of our democracy. It’s an attack not only on one person, but on all of us. On the values we share as Americans.

“It’s natural (at this time) to feel anger, despair and fear. We need to meet with renewed unity of purpose and a recommitment of the values that define us. Freedom, equality and justice. It’s at the heart of a freedom of association and freedom of speech.”

As far as winning, Kelley said he believed it, because he said he was seeing it happen. He referred to a court case won just this week, AFGE closing in on the “magic” number of 218 needed on a discharge petition and the expected introduction of a Senate companion bill Sept. 17. (More on

“Brothers and sisters. We have the momentum. We’re still making progress, and if we stick together, we will prevail.”
- AFGE National President Dr. Everett Kelley

all of those in the body of this article.)

“Brothers and sisters,” he said. “We have the momentum. We’re still making progress, and if we stick together, we will prevail.”

A number from AFGE’s leadership team spoke and/or provided updates during the meeting.

Rushab Sanghvi, a member of AFGE’s legal team, talked about the status of just three of the cases AFGE is involved in.

The first of those, he said, was the “Exclusion Executive Order. Or our challenge to Trump’s March 27 EO which stripped collective bargaining from nearly two-thirds of our members. To quickly summarize. We filed a lawsuit challeng-

ing. A judge from the Northern District of California found that the Trump administration very likely retaliated against us based upon our first amendment speech, based upon everything we have been doing, based upon everything our members have been doing , our leadership have been doing to fight the Trump administration’s attacks.”

“Unfortunately,” he continued, “a three-judge panel of the Ninth Circuit paused the injunction the judge gave. The issue is called a ‘stay’ in legal terms. Essentially, it’s a temporary pause on the injunction which allowed the administration to continue to implement the executive order.

“We disagreed with the panel’s decision. We believe it was wrongly decided. We believe the panel got the law wrong. We believe the government didn’t actually represent everything at the hearing.

“In particular about collective bargaining agreements. They had suggested that they weren’t going to cancel them and then they ended up cancelling them. So, we were planning on asking for a larger number of judges from the Ninth District Circuit to consider rehearing this case. Reconsidering what these three judges did.”

Before they even asked, he went on,

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YOUR MEMBERSHIP



YOUR BENEFITS

DOLLAR FOR DOLLAR, SAVINGS FOR SAVINGS
- AFGE IS STILL THE BEST INVESTMENT!

Special Series - #1



Travel

Car rental discounts
● Hertz: 1-800-654-2200
Payless: 1-800-PAYLESS (729-5377)
● Avis Car Rental: 1-800-698-5685
● Budget Car Rental: 1-800-455-2848
● Dollar Rent A Car: 1-800-800-4000
● Thrifty Car Rental: 1-800-847-4389

Whether it’s a car, van, SUV or truck rental, AFGE families

can enjoy up to 35 percent* off car rental base rates from Avis, Budget, Hertz, Enterprise, Payless, National, Alamo, Dollar and Thrifty. Discount rental car rates and savings vary depending on the type of car or vehicle, time of year, location and length of car rental reservation. Check each one for the best deal.

Note: Visit afge.org and follow the benefits link to get the reference number/code.



Technology

When you join the union,

you have access to these AFGE benefits. These benefits are backed by the collective strength of over 10 million members of AFL-CIO unions. By using one or two of the programs, many members save as much as their annual dues.

Apple discount

Members get preferred pricing on select Apple products and these program benefits:

- Complimentary shipping on orders over \$50
- Free engraving on all new iPod and iPad models
- Mac customization
- Ratings and reviews on accessories and software
- iPods, iPads, and third party software are not discounted.

AT&T wireless discount

For AFGE members
● Save 15 percent on the monthly service charge of qualified AT&T wireless

plans.

- Switch to AT&T and get up to \$650 in bill credits per line.
- Get up to \$250 cash back in rebates when using a Union Plus Credit Card.
- Get smartphones for \$0 down.
- Save 20 percent on accessories.

AFGE employees, or any member who receives an AFGE check, can save 18 percent on their personal AT&T wireless service.

AFGE Local offices can save 22 percent off union-billed AT&T wireless plans. They may also receive additional discounts on a wide range of telecommunication services.

Special Benefits for Union Plus Credit Card Holders

AFGE Union Plus Credit Card holders are eligible to

See BENEFITS, page 3



Courtesy

Supporting the troops this National Day of the Deployed

(StatePoint) October 26, National Day of the Deployed, honors military service members who have been deployed in service of the United States and acknowledges the sacrifices that military families make during deployments. First observed in 2006 in North Dakota, by 2012, every state nationwide was observing this day.

Deployment Challenges

Military deployments – when service members are required to leave their home station and travel abroad – typically last between six and 12 months and can be hard on both service members and families. While deployments don’t always involve combat, they can involve long hours, specialized work, and few of the creature comforts and resources service members might enjoy at their home stations.

For families, staying in touch is often difficult, or nearly impossible, and military families don’t always know where their loved one is. Military spouses must shoulder household responsibilities alone, and children often feel the strain of separation, and sometimes even understand the risks their parent undertakes.

Easing These Burdens

Fortunately, members of the military and their families don’t have to undergo these burdens alone. The USO not only recognizes the importance of the National Day of the Deployed, but seeks to ease the stress and loneliness of service members and their families every day during a deployment in the following ways:

- The USO Care Package Program harkens back to the organization’s early years, when Americans packed boxes full of “tastes of home” to keep deployed service members connected to the people, places and things they cherish. Those small gestures provide the comfort and care that make a difference for service members stationed far from home.
- In 2024, the USO delivered nearly 350,000 care packages in close to 90 countries.
- Through the USO’s Reading Program, service members can walk into a participating USO location where they are deployed, record themselves

reading their child’s favorite story and have that recording emailed to their child – and a copy of the book shipped home.

Children can, in turn, record themselves reading a book on camera, add that book to their personal collection and send the recording to their deployed family member.

- USO centers are not just a home away from home for service members – they also host activities, special events, and programs for military families. Programs for military spouses include social gatherings that help them build their community, baby showers that provide a touch of home for moms-to-be away from their families and friends during their pregnancies, educational and professional development opportunities, and financial planning resources.

At many USO locations, military children can find kid-friendly activities designed to help them make friends with fellow military kids, or bond with their families, including arts and crafts, family game nights, cooking classes and scavenger hunts.

“This year will be my youngest’s first year of school as a kindergartner and I was super bummed that I wouldn’t be there for the start of it,” said Staff Sgt. Mathew Annis. “The back-to-school event at the USO helped me feel reconnected and involved without physically being there, and now my kids will have a little feeling of Dad there with them for their first day.”

How You Can Get Involved

There are many ways to strengthen the well-being of deployed troops this National Day of the Deployed and beyond. One easy way is to send a message of support at USO.org/2MillionMessages. The USO is collecting 2 million messages of support in 2025 to honor the more than 2 million people serving in the U.S. military and the families who stand by their side.

The messages will be displayed at USO centers worldwide in high-traffic, visible locations, ensuring every sentiment makes an impact.

For more ways to support service members and families around the globe, visit USO.org.

How to achieve big flavor that wins all football season

(StatePoint) From backyard watch parties to stadium parking lots, fall weekends mean two things: football and BBQ. As you fire up the grill, remember that the secret to crowd-pleasing smoky flavor is starting with the best fuel.

“Whether it’s pellets, chunks, chips or charcoal, the best wood creates the best fuel that helps you achieve a clean, consistent burn and smoky, authentic flavor,” says Levi Strayer of Bear Mountain BBQ.

Delivering big, bold wood-fired flavor on any grill, Bear Mountain BBQ is helping you kick off game day. Along with the Grill Dads, they are sharing this recipe for Smoked Pulled Pork. Sure to outshine any restaurant’s pulled pork, this one is smoked low and slow. It’s finished with a pro-level resting trick for maximum flavor.

Smoked Pulled Pork Ingredients:

- ✓ Two 7-9-pound pork shoulders (bone-in preferred)
- ✓ 4 tablespoons kosher salt
- ✓ 2 tablespoons coarse black pepper
- ✓ 1 tablespoon garlic powder
- ✓ 1 tablespoon ancho chili powder
- ✓ BBQ sauce, preferably with a strong apple cider vinegar base
- ✓ Coleslaw, preferably a punchy mustard slaw
- ✓ Rolls or buns
- ✓ Bear Mountain BBQ Tailgating BBQ Blend Wood Pellets

Steps:

1. Before lighting your grill, think about your wood. Use Bear Mountain Tailgating BBQ Blend for a sweet, smoky balance.
2. Combine salt, pepper, garlic and ancho. Coat the shoulders heavily — pork can take a big and bold rub.
3. Set your pellet grill to 225 degrees F. Smoke until the internal temperature hits around 170 degrees F and the bark is dark, rich and firm to the touch. This takes several hours, but good bark shouldn’t be rushed. Every grill and every pork shoulder is different, resulting in drastically different cook times, so follow the internal temperature guidelines.
4. Wrap each shoulder tightly in foil and return to the grill. Bump the temperature up to 275



Courtesy

degrees F. Cook until the meat is probe-tender — usually between 198–207 degrees F. You should feel zero resistance when probing.

5. Pull the pork off and let it rest (still wrapped) until it drops to ideal shredding temperature (145–155 degrees F). This step makes all the difference. Pro tip: Hold the pork (wrapped and whole) in a toaster or oven that goes down to 150 degrees F for up to 12 hours. It’ll just keep getting better. This is how the professionals do it. You might want to make this the night before and hold until tailgate time.
6. Shred the pork by hand (with gloves if it’s hot). Add a splash of your favorite vinegar-forward BBQ sauce. Then, taste and season. You’ll likely need a decent pinch of salt to really make the flavors pop.
7. Pile the meat high on a soft roll, top with tangy mustard slaw and enjoy!

This football season, turn up the heat and the team spirit with crowd-pleasing, smoky flavors that win every bite.

Tips for choosing an assisted living facility

Assisted living is one of the fastest-growing types of senior housing in the United States. Assisted living facilities usually provide or coordinate personal care services, 24-hour supervision, scheduled and unscheduled assistance, social activities, and some health-related services. These facilities are designed for individuals who cannot live independently, but do not need nursing care on a daily basis.

Costs vary according to the residence, room size, and types of service needed by the resident. Most assisted living facilities charge month-to-month rates, which are generally paid by the residents or by their families from their own financial resources; however, Medicaid and some long-term care insurances might cover some or all of this type of care.

Wartime veterans and their spouses may qualify for VA Aid and Attendance Pension based upon income and assets versus the cost of care.

If you decide that an assisted living facility is the best option for you or a family member, the Better Business Bureau suggests the following tips:

- Visit several facilities and talk to the staff, residents and family members who have loved ones in the facility, preferably twice at each facility (once during the week and once on the weekend or evenings).

Ask yourself these questions: Is the facility close enough for family and friends to visit conveniently? Does the atmosphere seem pleasant? Does there appear to be enough staff available? Do the residents and staff seem happy and engaged? Do the residents appear to be clean and well groomed? Is the facility clean and well maintained?

- Check licensing as well as complaints filed with your local Department on Human Services and also check the facility’s most



Kelvin Collins

recent inspection reports.

- Visit www.longtermcare.gov for information and resources about long term care needs for themselves or a family member.
- Check the facility for safety features including well-lit stairs and halls, handrails in the bathrooms, well-marked exits and a way to call for help if needed.

- Know what the daily or monthly rates are and what is included in this fee. There may be other services available for an extra charge. Find out if the services are provided by the facility’s staff or if arrangements are made with other agencies.

- If applicable, find out if the facility accepts Medicaid and your long-term care insurance. Also ask if the facility is Medicaid certified.

- What choices of accommodations are available? Can you get a private room? Do they have rooms with kitchen facilities? Is the bathroom private or shared? Are there private areas other than the bedroom for visits? Is there enough space for personal belongings?

- Find out how you or your family will be involved in any future care planning processes. Be sure you know what will happen if you should need skilled care later on. Will you have to move, or will the facility be able to provide the care you need?

- Be sure to check the facility’s business review with the Better Business Bureau.

This transition can be daunting but knowing where to begin and what questions to ask can help make the process much more manageable. For more tips you can trust, visit BBB.org.

Medal of Honor spotlight Army Capt. Frederick Henry

By KATIE LANGE
DoD News

During the early days of the Korean War, Army Capt. Frederick Funston Henry chose to take the brunt of an enemy attack alone so the rest of his platoon could survive.

For his gallant actions and self-sacrifice, Henry received a posthumous Medal of Honor.

Henry was born Sept. 23, 1919, in Vian, Oklahoma, to James and Ida Mae Henry as the third oldest of 13 children.

As if they knew he would go on to do great things, his parents named him after Army Maj. Gen. Frederick Funston, a Medal of Honor recipient who served during the Philippine-American War at the turn of the century.

The family eventually moved about three hours west to Clinton, Oklahoma, where Henry grew up before enlisting in the Army in September 1940. Five of his brothers also served during World War II, while two continued their service in Korea.

Henry served in the 6th Army during World War II and earned a battlefield commission to second lieutenant while in the Pacific Theater in 1945. After hostilities ended, he served in Germany, where he met Lavon “Bonnie” Southam, a combat nurse, according to The Salt Lake Tribune. The pair later married and had two children, Frederick Jr. and Sharon.

When the Korean War broke out, Henry’s unit, Company F of the 28th Infantry Regiment, 2nd Infantry Division, was one of the first to deploy to the peninsula in the summer of 1950.

On Sept. 1, 1950, the



Photo courtesy defense.gov

Army Capt. Frederick Henry

33-year-old first lieutenant was leading his platoon as it held a strategic ridge near the town of Andong, South Korea, when they were attacked by a much larger enemy force. Heavy mortar and artillery fire quickly threw the platoon into disarray.

To keep the unit together, Henry left his foxhole so he could move around his men, ordering them to stay in place and return fire.

Encouraged by Henry’s bravery, the platoon reformed its defensive line and delivered intense fire back, impeding the enemy’s advance. Unfortunately, the enemy succeeded in knocking out all communications, so Henry had no way of knowing if the main line of resistance was still in place.

“There were bullets and shells falling all around,” Army Sgt. Richard Siman, who was part of Henry’s platoon, later told officials. “Our ammunition was running low.”

Despite being seriously injured, Henry stayed put while ordering the wounded men in his platoon to evacuate. He had them give him

all their weapons and ammunition before they left, so he could set up a one-man position. He then ordered the rest of his platoon to withdraw.

Henry was last seen firing every weapon he had at the enemy. His Medal of Honor citation stated that his effort caused approximately 50 enemy casualties before he ran out of ammunition, and his position was overrun.

His selfless actions that day saved his platoon and kept the enemy at bay long enough for the main line of resistance to fully push them back.

Henry was initially listed as missing in action. He was officially declared dead on Dec. 31, 1953, and posthumously promoted to captain.

His name is listed on the Wall of the Missing at the National Memorial Cemetery of the Pacific in Honolulu. According to the Defense POW/MIA Accounting Agency, his remains have not yet been recovered.

On Jan. 9, 1951, Henry’s widow received the Medal of Honor on his behalf from President Harry S. Truman during a White House ceremony. Four other fallen soldiers also posthumously received the honor that day.

Henry has not been forgotten. In May 1960, a U.S. camp that’s part of current-day Army Garrison Daegu was named Camp Henry in his honor. In 2004, a memorial was dedicated to him at a park in his hometown of Vian.

In 2013, he was inducted into the Oklahoma Military Hall of Fame. A year later, a highway near his hometown was renamed for him.

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Please submit articles, photos, etc to don.moncrief@afgelocal987.org. For questions about story content, to pass on story ideas or to request coverage, please contact the aforementioned.

MEETING

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the court, he said, on its own decided it was going to consider that.

“So, we are in the process of briefing that and sometime next week we will have finished briefing that. And over the course of the next month the judges will decide on whether or not to rehear the case. We are hopeful that we will receive that injunction back.

“However, I think it’s really important to note: What we’re litigating right now is the temporary stay. We’re also litigating the actual injunction in the court of appeals and also in the district court. And so, there’s so many ways we can get relief as this case goes forward. And we have a decision of a judge. We actually have multiple judges. Not only in our case, but also in other cases. And in our TSA case we said this administration is retaliating against us based upon the first amendment. Some of those decisions have been stayed, but they haven’t been reversed. And we think at the end of the day the courts are going to agree that what the administration has done with this Executive Order is unlawful. Not only based on our first amendment rights and your first amendment rights, but on other grounds as well that we are pursuing in this case.”

In the second case, Sanghvi said AFGE received a “very good” decision in their RIF reorganization case.

“There’s a long history in this case,” he said. “We got an injunction that resulted in a two-month injunction on the reorganizations and RIFs government wide. That injunction resulted in several RIFs that were planned being rescinded and stopped until in July the Supreme Court paused that injunction.

“After the injunction was paused, however, many of these RIFs did not actually come to fruition. The Agencies reconsidered and never reimplemented. And the case continued in the district court.”

The government did try to get it dismissed, he continued, “Essentially telling the judge for many reasons, including the Supreme Court stay, that this case shouldn’t move forward.” The judge, however, issued a “great decision” saying what the Supreme Court did was not dismiss this case. The Supreme Court did not reverse the basis for the case, and it can still move forward, he said. “And then that was a great decision, and we are hoping to continue to pursue that case, not only to prevent future reductions in force and reorganizations but to potentially reverse some of those that haven’t been reversed in the past.

“Again, the litigations are still ongoing, but it’s a big, important case that will have global impacts.”

Finally, Sanghvi said over the weekend AFGE received a “really positive” decision on the merits of their provisional case that has been going since February. Originally, he said, the junction they received resulted in several probationary employees being reinstated.

“The judge, now in his final decision, he didn’t include reinstatement as a remedy, however, he did make it clear that what the government did is wrong and (he) is requiring the government to admit their error to all of their employees and correct a lot of the damage they have done in terms of personnel files and so forth.”

Organizing Director Dave Cann started his message out “with something simple and clear. Our union is still here, and our union is still strong. Still. Because of you. Every call you make. Every conversation you have with a coworker. Every action you take to defend your workplace. That is what gives your union, AFGE, its power.”

Cann continued with, “Let’s talk more about where that power comes from and how we’re building it stronger every day.”

First, he said, is the fact AFGE won in the past by acting like a union. In just recent months, he continued, AFGE has beaten back “dozens” of promised RIFs that were supposed to come across during the summer in agencies across the country. That included an intended 83,000 RIF at the VA.

“We’ve driven the worst of DOGE out of the government,” he said. “We saved our pensions from attacks on the chopping blocks with recent legislation. There’s more in your recent history you should be proud of. A proposal to shut down hundreds of federal facilities by the Ayers commission. Record-setting pay raises in recent years.

“All of this we’ve done, not through contracts, not through grievances, and not with any rights we were given through statute or under contract. We did it by acting like a union and standing shoulder to shoulder. By demanding what belongs to us and it delivers.

“This is your history as a union. This is your recent history.”

But he continued, this goes back decades. AFGE, he said, existed for 40 years before it had a single right recognized by the federal government. “Everything we have built and won we have built and won by standing together and demanding it in the loudest voice we can collectively. That is organizing and that is power.”

To continue that success, Cann offered three things.

One was e-Dues. “The government has tried to take away payroll dues deductions as a way to weaken our union. They promised to fire federal employees. We stood up and we demanded our voices be heard. And they tried to outlaw our union and get rid of it.

“As long as we stand strong and keep fighting, as we have done in recent months. Under the worst attacks this union or labor union has seen by the federal government in the history of this country. We can continue to make these wins.”

E-Dues, he continued, was how you ensure no politician or agency can decide whether or not you stay a member. You are in control, he said, adding that already 150,000 members had made the switch. “And it’s made our foundation stable as a result,” he went on.

The second key to staying strong, he said, was the Solidarity Center.

“We built this online hub to be our one-stop shop for our members to build power.” The website is Afgesolidaritycenter.org. On it, you can check your membership status, sign up for e-Dues, “live” organizing training, get organizing training resources, and see a rotating call of actions asking members to take steps to protect jobs and the union’s future.

It is also, he said, where you can plug into volunteer opportunities and find resources you need to “fight back against the attacks we’re facing. If you ever wondered, ‘What can I do right now?’ the Solidarity Center is the answer.

Volunteering is the third way to ensure AFGE continues to succeed, he said. “Our union is the strongest when our members are not just paying dues but stepping up and leading. We have volunteers volunteering to run meetings, host phone banks, text coworkers, help organize trainings and rallies.

“Volunteering is not just about helping the union. It’s about growing our power, learning new skills and being part of something bigger than ourselves when times are alienating and scary. We can make a difference, and we can make it together. We become the backbone of what this union is all about.

“We’ve seen it time and time again. Those volunteer-led efforts win the toughest fights. Bottom line. Attacks we’re facing are serious. They’re trying to divide us and weaken us. But we know how to win because we’ve done it before and we’re doing it now. Win by sticking together, win by moving to e-Dues, win by the Solidarity Center

and staying informed. Win by taking action in our workplaces and our communities.”

Daniel Horowitz, a member of AFGE’s Legislative Affairs team, talked about three topics they were working on. First, he said, was the budget and shutdown and the possibility “pay-checks may be interrupted in a few weeks. Congress has made little progress on appropriations bill so far,” he said. “There are three bills that have advanced through both chambers but not to the point they can be signed into law.

“And there are more than ten bills that are necessary to fund the government, so again we are looking at a Continuing Resolution and it’s going to come down to what are the specific terms of that Continuing Resolution.” He added that this week President Trump weighed in on some of that and that that would have an impact on the representatives in Congress.

“So,” he continued, “representatives in Congress put through what they call a ‘clean’ CR that runs through mid-November.” He added: “I think we should no longer use the word clean because it’s lost most of its meaning at this point. But what is clean about this bill is not necessarily things we would like as a union, because clean does not mean safeguards against the administration not spending the money. It’s been appropriated and we know they’ve done so on a rather grand scale and pursued RIFs.”

This CR on a positive, he continued, would maintain current funding levels that date all the way back to the Biden administration because, he said, the Republicans have never been able to do anything different than that.

“But the shadow hanging over that is that the administration will spend all the money. Republicans have their ideas and we have our, which is where things appeared. Republicans have proposed theirs. Democrats will do theirs any moment now. Healthcare. Above and beyond. Tax credits. The Affordable Care Act, Obama Care, is set to expire. Democrats will want to see that continue, so we’ll see how that plays out.”

The good news, he continued, was that in late July the House Committee NDAA included a bipartisan amendment to restore collective bargaining rights. The DoD has a quarter of a million bargaining unit members, he said, so it’s a “huge deal. The good news is when Republicans brought it to the floor, they were unable to remove that language. They tried but ultimately, they did not have the votes. And that is the result of our bipartisan outreach

to moderates who support union rights.

“So, they didn’t put to vote. They voted on the NDAA with that in, and that’s the first time since Trump got in that the House or Senate voted on something to restore collective bargaining rights.

“It’s a huge victory but have to make sure that stays in the final bill, so we are going to be working on our Senate strategy there.”

Horowitz also talked about HR2550, a bill meant to address the broader problem of the loss of bargaining rights. In early April, he said, bipartisan legislation for it got up to the 222 sponsors. In June, he said, they began working on the discharge petition; a technique to force a vote in the House. It needs 218 sponsors. Currently it is at 216 – every Democrat, plus three Republicans – and gaining momentum.

Andrew Huddleston, Advocacy Department Director, focused on “opportunities each of us can do. Truth is a lot of the positive momentum we’re hearing about on this call tonight is the result of AFGE members taking action out there in your Locals and your Congressional districts and your states.

“Because that’s how we’re closing in on 218 cosigners on this discharge petition. That’s why the Senate introduced a companion bill. Because you out there as their constituents are doing this work.

“So, we’ve got to keep the pressure on throughout this shutdown fight that’s coming we are going to make sure we update our shutdown materials across the web as this situation develops.”

Huddleston vowed AFGE would continue to get that message out so members can in turn get in touch with their members of Congress. (Which is on recess as of this writing.)

He also talked about an upcoming event, Oct. 18, a nationwide day of mobilization called, “‘No Kings’”. They had one earlier in the year and it was the largest peaceful, mass mobilization in the history of the U.S. We intend to do that again.”

More information was forthcoming, he said. Meanwhile, if anyone wanted to get involved: start organizing, take part in the political process, make calls, talk to coworkers, educate and push for others to switch to e-Dues, whatever it might be, he said the right place to visit is www.afge.org/volunteer.

“So, what we’re doing with those that go sign up and let know, we’re having folks follow up. Offer them training and putting them on an active list. These are the folks we know we can count on when we really need folks to call, show up for rallies and things like that.”

BENEFITS

From page 1

receive up to a \$100 rebate on the purchase of a new smartphone.

Card holders can also get up to a \$150 rebate when switching from competing wireless providers like Verizon Wireless, Sprint or T-Mobile.

Purchasing Power

This is a program for members who need a new computer, home appliance, or other product but can’t spare the upfront cash. Purchasing Power allows members to buy brand name electronics, furniture and more through payroll allotment. No upfront cash or credit check required with 12 months to pay. And now, Purchasing Power can help AFGE members create their dream travel today, complete with car rentals, airfare, hotels and attractions. Buy now, and travel as soon as next month with easily managed fixed payments through payroll allotment. AFGE members receive a 20 percent discount off any luggage with a vacation purchase. Eligibility requirements and travel terms may apply. See site for details.

AFGE members pay 15 percent less over what other federal employees would pay. It is the lowest price available to federal government employees. Only one promo code may be used on the same purchase.

Products:

- Computers/tablets
- Travel
- Electronics
- TV/video
- Video games
- Furniture
- Appliances
- Fitness/recreation
- Home/outdoor
- Baby/kids

All-inclusive pricing. No additional fees:

The total cost includes the product, warranty, taxes and delivery. No additional fees and no down payment required. Your merchandise is delivered directly to your door after you place an order.

To participate in this benefit you must:

- Be at least 18 years old
- Be an active AFGE member
- Have worked for the Federal Government for at least 12 months
- Earn at least \$16,000 annually
- Have a credit card or a bank account to secure your order

Refer and earn program

Existing customers can share the word about the program to a fellow AFGE member who has never used the program before, and receive a \$50 credit for every referral they make. The credit will be added to their Purchasing Power account and they can use the accumulated balance towards any new/future purchase they make with the program. The referred member, will receive a 20 percent discount towards their first purchase.

ADT personal emergency response

To order and for answers to your questions, call toll free 1-800-863-8648. Be sure to mention your AFGE membership to get your exclusive benefits.

ADT health personal emergency response

Only AFGE members enjoy the most aggressively discounted pricing ADT has to offer for Personal Emergency Response systems! Unlike other similar offerings on the market, AFGE members do not have to purchase any hardware to receive this special low pricing.

In addition, AFGE members enjoy the following benefits with ADT Health:

- 50 percent discount on fall detection pendent upgrade for Plus and On-The-Go systems
- Rate guarantee means no increases to your monthly rate – ever.
- Free replacement of any defective parts
- Free system activation
- Free next business day delivery

Personal Emergency Response Systems defined

The Personal Emergency Response System (also known as a medical alert system) is a device and accessories that provide protection around the clock with just a push of the pendent or wristband help button.

Personal Emergency Response Systems are intended for people of all ages and backgrounds. From children, college students, working professionals and retirees all find value and peace of mind knowing that live help is available with just one button push to help keep them safe.

These systems come with a variety of wristband or pendant accessories to choose from. Optional Fall detection pendants are available. This pendent has the capability to detect when one has fallen and automatically communicates with the ADT Health monitoring center on the user’s behalf for assistance.

These ADT Health solutions are available in either an in-home or mobile variety to best suit an individual’s lifestyle and needs:

Medical alert basic in-home system

This system utilizes a telephone landline for two-way communication with the ADT Health Monitoring Center. It provides around the clock monitoring services with access to live help with just a push of the pendent or bracelet help button. This solution provides coverage up to 300 feet between the base station and the bracelet or pendent. It includes battery backup and well as high and low temperature monitoring, alerting the ADT Health call center when temperature extremes are exceeded.

Medical Alert Basic is ideal for those who remain in their home the majority of the time.

Medical Alert Plus cellular based in-home system

This system is just like the Basic in-home system except that this solution does not require a landline! It still provides the same level of service with around the clock emer-

gency services with just a push of the pendent or bracelet help button. This solution provides extended range of up to 600 feet between the base station and the bracelet or pendent. It includes a digital display with date, time, battery meter and volume control. It also includes battery backup and well as high and low temperature monitoring, alerting the ADT Health call center when temperature extremes are exceeded. This solution can be combined with optional fall detection pendant for added protection.

On-The-Go mobile system

The best option yet! With integrated state of the art GPS technology, the On-The-Go system offers coast-to-coast protection with emergency assistance and optional fall detection services. The GPS enabled technology will also be able to assist the user even if they do not know their exact location. Compact and light weight, the On-The-Go unit is designed to be easily carried in one’s purse, pocket or worn on a belt with the complementary carrying case.

Hearing care discounts

Call (877) 583-7071 (Monday - Friday between 8:30 a.m.-8 p.m.) for more information or to request a free hearing exam with a provider in your area.

Hearing Care Program

The AFGE Union Plus Hearing Care program offers exclusive savings on hearing care for AFGE members and their families too! Your union family savings and discounts include:

- An average of 66 percent off retail on trusted hearing aid brands*
- A free hearing exam
- Unlimited follow-up care for one year
- Multiple brand names, state-of-the-art hearing aids — deeply discounted to as low as \$695 each.

Plus, your aftercare support also includes a 60-day risk-free trial¹, a three-year warranty (including loss and damage)², and a two-year battery supply or a free charging station (depending on type of hearing

aid purchased).³

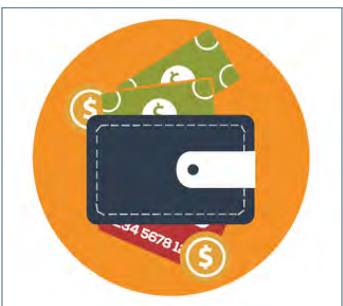
Save big on trusted hearing aid brands.

Today’s hearing aids are small and packed with powerful technology to make sure you don’t miss a beat (literally).

Save hundreds on affordable, state-of-the-art hearing aid brands including: Amplifon (via Miracle Ear), Oticon, Phonak, Resound, Rexton, Signia, Sonic, Starkey, Unitron and Widex.

*Based on internal 2022 MSRP analysis. Your savings may vary.

- 1 100% money-back guarantee if not completely satisfied, no return or restocking fees.
- 2 Exclusions and limitations may apply.
- 3 Two-year supply of batteries (80 cells/ear/year) or one standard charger at no additional cost.



Financial

Learn more about the card program that has served union members and their families for over 30 years. The AFGE Credit Card program is issued by Capital One and offers several card choices with numerous features and benefits.

<https://www.capitalone.com/credit-cards/partner/up/afge-government-employees-union-credit-card/>

ID sanctuary

<https://afge.secureenrollment.com/step1.aspx> for more information and to enroll.

Questions: 1-800-800-7616

ID Sanctuary™ Complete

Thieves want to steal your identity. Don’t let them get away with it! ID Sanctuary provides the proactive tools and recovery assistance you need to quickly respond to an identity or fraud crisis. With ID Sanctuary, you can rely on

immediate, personalized attention from a fraud specialist whenever you need it. Fraud specialists are armed with the knowledge to help reduce the risk of identity theft and provide unlimited resolution assistance should you fall victim.

- Step-by-step guidance through the identity resolution process if you become a victim of identity theft or fraud
- Document replacement assistance when identification documents such as Social Security cards, birth certificates, passports and driver’s licenses are lost, stolen or destroyed
- Checking and savings account alerts
- Credit inquiry activity alerts
- One bureau credit report, credit score and monitoring
- Access to an online educational resource with new articles, information, tips and best practices to protect against identity theft

Family coverage is available. Family membership includes you and up to three legal dependents over the age of 18 (dependents under the age of 18 are covered with resolution services but are not actively monitored)

Visit <https://www.afge.org/globalassets/documents/member-benefits-flyers/id-sanctuary-bec-comp-chart-w-afge-logo.pdf> to review plan options

Put the Union Plus® Personal Loan to Work For You

With the Union Plus Personal Loan program, brought to you by AFGE, you’ll get just the options you need for a more secure financial future. The Union Plus Personal Loan allows AFGE members to consolidate credit card and other revolving debts into one simple monthly payment. Save money with no annual fees, pre-payment fees or origination fees. Plus, enjoy the peace of mind when you sign up with a 45-day guarantee. Simply return the entire amount and the loan will be canceled with no penalty.

- Continued next edition



Weekly SUDOKU

fun

Amber Waves

MY MOM SAYS WE NEED TO SPEND MORE TIME OUTSIDE AND STOP AND SMELL THE ROSES.

SNIFF SNIFF

SNIFF SNIFF

WE LIVE ON A FARM WITH COWS AND PIGS. PRETTY SURE THAT'S NOT ROSES.

by Dave T. Phipps

Out on a Limb

by Gary Kopervas

SHOW ME THE MONKEY... SHOW ME THE MONKEY... SHOW ME THE MONKEY!!!

ZOO

JERRY MAGUIRE ON A THIRD GRADE CLASS TRIP

BARNEY GOOGLE AND SNUFFY SMITH

THEY SAY A FELLER THAT REPR'SENTS HISSELF IN COURT HAS A FOOL FER A CLIENT !!

WHO'S THEY' LUKEY?

LAWYERS WHO NEED CLIENTS, PROBL'Y !!

I'D LIKE T'TAKE TH' STAND IN MY OWN DEFENSE, YORE HONOR !!

OKAY, SMIF, BUT LET ME REMIND YA...

IF YA LIE UP HERE, THAT'D BE PERJURY AN' YA'D GIT YORESELF IN EVEN MORE HOT WATER THAN YO'RE ALREADY IN !!

TH' DEFENSE RESTS, YORE HONOR !!

POPEYE

BY RANDY MILLROLAND

I THINK YOULL FIND FIN'S SOUTH T' BE A KIND LITTLE TOWN

LE'MME GUESS. THAT'S JUST YOUR TOWN'S WAY OF ENCOURAGING US TO LIVE IN THE MOMENT.

YER FONNA DK.

ME PHONE IS RUINED. OLIVE, I YAM GUNNA SEE IF THAT PAYPHONE WORKS.

OKAY, I'LL TRY TO FIGURE OUT HOW WE'RE IN DANGER WHILE YA DO.

MADAM, I ASSURE YOU WE ARE GOOD BUT SIMPLE PEOPLE WHO WISH TO DO NOTHING BUT AID YOU.

SURE, HEY, I NEVER CAUGHT YOUR NAME.

YEAH, THIS IS GREAT.

I'M MAYOR REGINALD KILLFOLKS.

WOT THE HECK, ZEON! YA GIVES OLIVE A POSSUM RUB-ON TATTOO AN' WE GIT'S MAGICED AWAY THOUSAN'S O' MILES T' A PLACE OBSESSED WIT' POSSUMS!

POPEYE, THESE AINT MAGICAL TEMPORARY TATTOOS!

ALTHOUGH THAT WOULD SPAIN WHY ALL THE TATTOOS THEY SEND ME ARE CULTIC SYMBOLS AN' CRYPTIC GLYPHS.

AN' JUSK WHO SENT EM?

IS MAKING ARGANE TEMPORARY TATTOOS THE BEST USE OF OUR TIME, SEA HAG?

NO, BUT IT IS THE FUNNIEST.

The Spats

by Jeff Pickering

SOME PEOPLE SLEEP WITH A TEDDY BEAR.

I SLEEP WITH A GRIZZLY!!

TIGER

I GOT THIS PROBLEM, TIGER

SOMETIMES I GET SO MAD...

'CAUSE NO ONE PAYS ANY ATTENTION TO ME

PEOPLE NEVER LISTEN. THEY JUST IGNORE ME

NO ONE TAKES ANY INTEREST IN WHAT I SAY

THEY ACT AS IF I'M NOT THERE!

WHAT SHALL I DO?

ABOUT WHAT?

Sponsor this page. Call 478-733-9772.

GRIN & BEAR IT

"None of the other dads had the nerve to try that, Pop!"

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		÷		=	2		
+		-		+				
	-		+		=	13		
+		+		+				
2	+		÷		=	1		
=		=		=				
13		11		19				
1	2	3	4	5	6	7	8	9

FEAR & KNIGHT

By: rj johnson

DOUBT? ...OR DARE!

♥OBG
ELTNC
UGLIE
♥ABGR
OTLARM
NME
EGMA
♥HAMOC
♥ARG
♥LUNBEA
AGERB
♥ALIN

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

answer

FEAR & KNIGHT

Because my lobe-attached jewelry falls off all the time, I always just wear an earring aid.

ANSWER

CryptoQuip

	19			11		13
	=		=	=		
1 =	6	÷	7	+	2	
	+		+		+	
13 =	6	+	1	-	8	
	+		-		+	
2 =	4	÷	5	+	3	

answers

Go Figure!

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: T equals L

QAWPNRA IH TZQA-PYYPWDAJ

CAOATXH GPTTR ZGG PTT

YDA YFIA, F PTOHR CNRY

OAPX PS APXXFSL PFJ.

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HOCUS-FOCUS

BY HENRY BOLTINOFF

Find at least six differences in details between panels.

Differences: 1. Shorts are shorter. 2. Suitcase is moved. 3. Thumb is moved. 4. Hat is smaller. 5. Flap on backpack is smaller. 6. Sock is missing.

UNLOCK THE ANCIENT SECRET TO NUTRITIOUS MEALS AND SNACKS



Sorghum BLT Salad
Recipe courtesy of United Sorghum Checkoff Program
Prep time: 20 minutes
Cook time: 20 minutes
Servings: 4-6

Dressing:
2/3 cup mayonnaise
1/4 cup milk
1 teaspoon garlic powder
1/4 teaspoon freshly cracked pepper
salt, to taste

Salad:
1 pound bacon
3 cups cooked whole-grain sorghum
1 head romaine lettuce, rinsed, dried and shredded

1-2 cups mixed greens, torn into 1-inch pieces
1 cup cherry tomatoes, halved
1/4 cup fresh parsley, coarsely chopped
4 green onions, thinly sliced
salt, to taste
pepper, to taste
Parmesan or goat cheese (optional)

To make dressing: Blend mayonnaise, milk, garlic powder and pepper until smooth and creamy. Season with salt, to taste. Refrigerate until ready to use.

To make salad: In large, deep skillet over medium-high heat, fry bacon. Turn frequently until evenly browned. Drain on paper towel and crumble.

In large bowl, combine sorghum, lettuce, mixed greens, tomatoes, parsley, green onions and bacon. Season with salt and pepper, to taste, and toss with dressing. Top with Parmesan or goat cheese, if desired, and serve.



FAMILY FEATURES

A nutrition boost for your daily menus can go a long way for families focused on making healthy eating decisions. If you're looking for an easy way to add nutrients to your meals, the ancient grain sorghum could be the solution you've been looking for.

Sorghum is non-GMO, gluten-free and a source of 13 essential nutrients. Sorghum can be enjoyed as whole and pearly grain, flour or popped like popcorn, making it a versatile ingredient you can incorporate into meal-planning. It's perfect for breakfast, lunch, dinner and snacks.

Adding a new twist to mealtime can be a cinch. With sorghum, it's easy to achieve flavorful meals that have protein, fiber and other nutrients. Simply use your stove, a slow cooker, rice cooker or oven to prepare sorghum and replace the grain in your favorite recipes. Or discover a new favorite like this Sorghum BLT Salad.

For a quick and healthy snack, grab a handful of Popped Sorghum and feel good about eating between meals. You can purchase popped sorghum or prepare it yourself using one of many simple methods. A delicious alternative to popcorn, popped sorghum is quickly becoming a favorite snack option.

To discover more recipe inspiration and find easy ways to add sorghum to your family's favorite dishes, visit SorghumCheckoff.com.

Popped Sorghum
Recipe courtesy of United Sorghum Checkoff Program
Prep time: 1-2 minutes
Cook time: 4-6 minutes
Servings: 2

2 teaspoons oil of choice (optional)
1/2 cup whole-grain sorghum
salt or seasoning of choice

Heat stainless steel pot with tight-fitting lid over medium heat.

Add oil, if desired. When hot, add whole-grain sorghum and cover with lid.

Shake pot often to prevent burning.

When there are more than 10 seconds between pops, remove from heat.

Sprinkle lightly with salt or seasonings of choice.

Helping Children Manage Big Emotions

FAMILY FEATURES

Little children experience big emotions. When things don't go as planned or they feel overstimulated or face new experiences, children may respond with anger and frustration, fueled by feelings of shame, embarrassment or even a sense of injustice.

Because young children often don't have the language or regulation skills to handle these big feelings, they can result in tantrums, mood swings, rebellion and emotional outbursts, which may trigger feelings of embarrassment and exasperation for parents. Fear not; every parent has been there.

Dr. Lauren Loquasto, senior vice president and chief academic officer at The Goddard School, and Kelly Oriard and Callie Christensen, co-

founders of Slumberkins and authors of "All Feelings Welcome," share guidance to help parents effectively deal with these situations.

Managing Meltdowns

Parents are most effective when they stay calm, speak quietly and move slowly. Counterbalance your child's extreme emotion and behavior with the opposite extreme. Take deep breaths and stay near your child while the emotion dissipates.

Scolding only heightens the emotion, so start with empathy, not discipline, and affirm the feelings. For example, "We all get angry sometimes," or "It makes sense that you're feeling this way."

Help your child label feelings and seek to understand what caused the outburst. Try



Photos courtesy of Shutterstock



"sportscasting" – objectively narrating what you see. For example, "I see you taking deep breaths. I see your cheeks are puffed up and your fists are clenched. I know your sister just took your toy and that might make you feel angry. Are you feeling angry?"

This technique can help your child associate physiological feelings with an emotional label.

Once calm, work with your child to repair and reconnect. Share your coping techniques. For example, "I feel angry sometimes. When I get angry, I like to stomp my feet and turn up my music. Do you want to try this with me?"

Model this often, either when you're upset or as a teaching moment by pretending to feel angry. Real-life examples help normalize feelings and teach emotion regulation skills.

If you acted in a way you regret – yelling, for instance – address it by apologizing and taking responsibility. This grounding can help you and your child move forward.

Taking Proactive Preventative Steps

While big emotions and corresponding behaviors are a natural part of early childhood, there are steps you can take to help mitigate future meltdowns.

Develop a routine and stick to it as much as possible. Children thrive with structure; the unexpected or unknown can lead to emotional dysregulation. That said, there will always be disruptions and transitions – some small (such as an out-of-town houseguest) and some large (like

moving or welcoming a new sibling). Discuss these moments in advance to help your child anticipate and prepare for the change.

Certain situations, such as the grocery store or a public event, may be triggers for children. Avoiding these situations altogether won't help them learn, so prepare them with social scripting. Tell a story about the situation, discuss what they'll experience and how they might feel and label the emotions. This talk can reduce anxiety, build confidence and make the situation more manageable.

Additionally, it's important to recognize a child's emotional state can be intertwined with yours; if you're overwhelmed, stressed or anxious, your child may pick up on that and experience some of those same feelings. Likewise, if you're calm, your child is more likely to be, too.

Finding Helpful Resources

When children are not in a heightened emotional state, reading books about characters and big emotions can be helpful. Pause and ask them what they think the character is feeling and if they ever feel that way. Consider "Hammerhead, Mad's Not Bad" and "Felix and the Picnic."

To watch a webinar featuring Loquasto, Oriard and Christensen sharing additional guidance, and to access a wealth of parenting insights and resources, visit the Parent Resource Center at GoddardSchool.com. Visit Slumberkins.com for materials and resources for educators, parents and children.