



A New Beginning

PRESIDENT'S REPORT *by Fred Wolfmeier*

Hello to my union Sisters and Brothers. I first want to express my gratitude to all the members who voted in our recent local election. Secondly, I want to thank all of you who voted for me and elected me as your new president. The election was fun and it was great to see many of you while I was campaigning. However, the reality of the job ahead of us is now at hand, and it is time to get to work. I will continue to visit the plant, the stations, branches, A O's and the garage as I have done the past few years, and I would like you to please visit me at the union meetings.

The current atmosphere at the post office is one of uncertainty and change. We recently went through our second round of excessing, and I'm sure that we will see another before all is said and done. Just how soon another round will occur is anyone's guess, but I want all of you to be prepared because the postal service is not finished with excessing. The contract negotiations started on September 1, 2010 and they will most certainly be contentious and difficult. The postal service will be asking for many concessions and our national leaders will be trying to hold onto the many benefits and working conditions they have won in hard fought negotiations over the past several decades. What we do not want to see happen is for the final decision to rest in the hands of an arbitrator. I'm sure the postal service would love for this to happen, however, it would not serve the union well at all. It would be better to arrive at a negotiated agreement and be in control of our own destiny.

The economy is still in turmoil, but is showing some signs of recovery although it is a slow one. This downturn has affected all types of businesses including the postal service. We are not alone in these tough times, but I believe the Service is guilty of over reacting. It seems each time I read

or hear about the Postal Service the message is one of doom and gloom. They tell us mail volume is down, costs must be cut, and the workforce must be reduced. What is sad is that as a result of all this 'cutting' the SERVICE part of the Postal Service has been ignored. Customers have to wait in longer lines, delivery times have changed, and the service is trying to force the public to go to contract postal units or CPU's as they are called. Opening more CPU's only reduces the retail business at the real post office and causes the need for further reductions in the workforce. The attitude of the service is, "Let someone else do the work of our clerks, but for minimum wage."

I recently went to Cape Girardeau for a meeting of the Southeast Missouri Labor Council and when coming back to St. Louis, I stopped for gas in Cape at a Mobil Station. While fueling there, I noticed the Sonic Eagle and the post office sign over the convenience store. I went inside and asked about the post office and discovered it was staffed with employees hired by the gas station owners. The attendant pointed to the back of the store and said, "It's right back there next to the restrooms." When I walked back to the counter, it was located next to the restrooms like he said, but on the other side was an 8 door cooler full of beer and wine. Take your mail in to the Mobil, make a pit stop, get a twelve pack of Bud, a pack of cigarettes, and who knows what else. Is this what the post office is becoming? A convenience store side counter back by the restrooms and beer cooler? Is this where you would want to conduct your business? Cut those costs Mr. Potter and get a cold frosty one while you're at it.

What I find disturbing about the whole notion of cutting costs and reducing workforce and the cutting of hours and customer service, is the fact that I have not heard anything from the Service concerning any new ideas on how to generate

Labor Day 2010

Puppets of the plutocrats

America should just go ahead and cancel Labor Day. Really.

Other than as an excuse for a picnic, what's the point? Three hundred and sixty-four days a year, we honor plutocrats, and one Monday holiday in September is going to make up for it?

Organized labor no doubt would object. Big deal. One worker in eight belongs to a labor union. And last year, for the first time in history, more public-sector workers (500,000 more) belonged to a union than did private-sector workers. Oh, the irony. For the second year in a row, Americans "celebrate" Labor Day with unemployment at 9.6 percent or higher. Corporate profits are 5.7 higher now than then they were in the fourth quarter of 2007, when the recession began. The number of jobs is 5.9 percent lower.

Labor — by which we mean not only organized labor but the entire working class — should just give it up. Roll over. Turn turtle. Admit it: The class war is over, and you lost. You not only lost, you collaborated.

Organized labor still may be fighting the good fight. But a lot of the working class is out there marching in the streets on behalf of the monied class, puppets of the plutocrats, angry as hell at all of the wrong people.

Oh, it wasn't always like this. Labor Day became a federal holiday in 1894 because President Grover Cleveland and Congress were frightened of labor's power.

This was after Eugene V. Debs of the Railroad Workers Union had brought the country to its knees over the Pullman car strike. Cleveland had put the strike down with the Army, probably illegally, killing 13 people in the process.

At one point Debs had 250,000 workers off the job. Labor Day, which was rushed through Congress in six days flat, became a way to pacify them.

Labor Day signaled the beginning of the end of what Mark Twain called the "Gilded Age," when there was more disparity between rich and poor than at any time in the nation's history, except maybe this one.

More important were the real gains that labor achieved in the next few decades: higher wages, shorter work weeks, the progressive income tax and acceptance of the fundamental concept that labor was as important as capital in the production of goods and the provision of services.

That concept is all but gone today, a victim not only of industrialization, the technological revolution and globalization,

but also of shrewd, cynical and effective politics.

Working-class America got distracted by its own success. It had houses in the suburbs, 500 TV channels and cheap credit so it could go to Wal-Mart and buy all the foreign-made toys it wanted.

In the 1970s, conservative billionaires began funding think tanks to attack the forces of progressivism. The Reagan Revolution co-opted a lot of labor votes with jingoism. The late Lee Atwater perfected the use of "wedge issues" — God, guns, gays and abortion — to distract the working class from economic issues.



In the 1990s, Roger Ailes, an old Nixon and Reagan hand, helped launch the career of Rush Limbaugh and turned Fox News into an advocacy platform for the political goals of America's billionaires. Working-class America was so busy applauding that it didn't notice that its pockets were being picked.

Banks and big business bought control of Congress, which passed a series of tax and banking laws that fostered the largest transfer of wealth in America's history.

The money went not from the rich to poor — that would be socialistic "income redistribution." No, it went from the working class to the rich.

Today, the Tax Policy Center, a non-partisan arm of the Brookings Institution, projects that in 2011 that the top 1 percent of all wage earners will take home 18 percent of all income. The top tenth of that 1 percent will take home 8.2 percent all by itself.

Between 1979 and 2007 (before the Big Recession) the average after-tax income of the top 1 percent of the population nearly quadrupled, from \$347,000 to over \$1.3 million.

Things aren't so rosy for the middle class. Median household income dropped 2.5 percent between 1999 and 2009 in inflation-adjusted terms, the Census Bureau reports. That is, unless you live in Missouri, where median household income dropped by 14.6 percent.

Here's one our favorite class warfare facts, from this year's "Executive Excess" study by the Institute for Policy Studies: "American workers ... are taking home less in real weekly wages than they took home in the 1970s. Back in those years, precious few top executives made over 30 times what their workers made.

Continued on page 6

Labor Day Parade Photos





EDITOR'S CORNER

by Shelia Patton-Harris

I would like to thank the membership for retaining me as Editor. I will continue to strive to make the PressOn informative, insightful, and a publication that St. Louis Gateway will be proud of. The elections are over. We have a new administration. I wish them the best and look forward to working with them to better this local.

I attended the National Convention that was held in Detroit Michigan. National President William "Bill" Burrus is retiring at the end of the year. There were many tributes to him and his many accomplishments at the convention. Now, we must elect a new national president. By the time you read this article, the ballots should be in your hands. I beg you, take the time to vote. This is one of the most important things you can do. The future of this union is in your hands. IF you are concerned about your wages, your hours, and your working conditions, vote. In the local election, out of 2000 members, only 800 members cast their ballot. In a time as critical as this, contract negotiations and the possibility of 5-day delivery, it is vital that every member participate in this union.

APWU is the only voice that we have. The only body that negotiates for wages, hours and working conditions is APWU. If you care about your job, it is time to step up to the plate and get involved.

I know, I say the same things all the time. I am not trying to

preach gloom and doom, but at the National Convention it was made pretty clear that we are in for a fight with the next contract. We must learn to stand together as a united front. When asked to write or call Congress concerning an issue involving the Postal Service, we need you and your family to participate. A half-million calls to Congress would be impressive and maybe make them think twice about the issue. Contribute to COPA. As little as \$2.00 a pay period can have a great impact on our lobbying efforts in Washington D.C. Isn't your postal career worth two bucks?

Local management is well aware of how little the members support St. Louis Gateway.

They know that no matter what they do, very few employees will say or do anything about it. When we ask for pickets in front of the post office, we are lucky to get 15 or 20 people to show up. Management looks at this and smiles. They look down from the third floor and see how few people are willing to go to bat for issues concerning their jobs. Most employees are apathetic and slow to react.

For most of us, this job pays the bills, keeps a roof over our heads, and puts food on the table. But, most of us take this job for granted. We forget about all the struggles that brought us to where we are today and assume things will always be good. Look around, the economy is in the toilet and thousands of workers have been

laid off. Management is attempting to tie our compensation to the financial health of the Postal Service. They say we are overpaid and under worked. They enlist the media to spread half-truths and rumors concerning postal workers. Most Americans still think the Postal Service is a government agency supported by tax dollars. They are told that the Postal Service has been replaced by Email. That the Postal Service is no longer relevant in this electronic age. This is simply not true, but these myths are perpetuated by the media to cast postal workers in a poor light.

All unions are under siege. Fewer and fewer workers see the need to be in a union until it is too late. Unions are responsible for most of the benefits workers enjoy in both the public and private sector. Things like overtime pay, 40 hour work weeks, health and welfare benefits, paid vacations and other social and economic reforms were hard fought rights won by unions through their tireless efforts.

I might sound like a broken record, but I want you to see how vital you are to this union. If everyone would participate in some way, contribute to COPA, call and write to Congress, show up to union meetings, participate in job actions, we can have an impact.

Once again, thank you for the opportunity to serve the membership as your editor.

WORK STANDARDS?

By Rick Gallo

Wisconsin APWU Director of Education and Organization

Contractually, at least, beyond the acknowledgment of “a fair day’s work for a fair day’s pay” as set forth in Article 34 of our Collective Bargaining Agreement; there are no work standards in the clerk craft. Yet, USPS continually tries to squeeze more and more out of fewer and fewer employees. Virtually nation-wide, there is a hiring freeze. As current employees retire, quit, or otherwise leave the USPS, they are not replaced. Those employees that are left are simply expected to pick up the slack. There are days where we simply do not have sufficient employees to cover the jobs that have to be done. We continue to borrow from Peter to pay Paul, and it goes on day after day.

Many months ago, I had warned that USPS was rolling out computerized programs to track and evaluate employee performance. These programs have several acronyms, such as AWPS, CSSOM, CVS, and CSAW. Of these, CSSOM and CSV are management tools to help higher-level management view and evaluate performance. CSAW, on the other hand is a supervisory tool. CSAW actually forces the supervisor to schedule, plan and react to the workload on a daily basis.

The model provides a daily comparison for each labor distribution code (LDC) which included a benchmark, earned hours, actual hours, the variance between the two, and the percent achieved. Every day, volume data is being input into these systems. Hours used are fed directly from clock rings in the USPS TACS system, and the end result is that USPS now has a handle on clerical production that was once unheard of. This whole system is based upon standards developed in AWPS that were never agreed to by the union.

The union was given no input into their development, nor was any of the information relied upon shared with the union. In one year, the impact was slated to be over 2,400 jobs. Supervisors and local managers acknowledge that upper management is constantly pressuring them about having too many employees. This is a direct result of these computerized models, which are based upon the arbitrary standards incorporated therein.

The same scenario is true concerning the evaluation of window hours and window transactions utilizing POS-ONE Reports. Individual employee production is tracked and analyzed by the POS units as the clerks go about their normal business. These evaluations, just like those of function four mail processing employees are compared against pre-set standards to determine actual performance, and arrive at “earned hours.” If earned hours are below actual hours used, management immediately says we are overstaffed.

Recently, USPS began installing GPS devices in postal vehicles. While the major impact of this falls upon letter carriers, there are also plenty of clerks and maintenance employees that use postal vehicles on a daily basis as part of their job. It is just another example that employees will be watched however possible.

Personally, I cannot help but feel that the entire focus and enormous emphasis on “the numbers” is an incorrect one. What gets lost is service. Service is what USPS is supposed to be about. Service is what we actually sell. It almost seems like upper management is intent upon destroying the Postal Service. If the continue of the path of ignoring service, and focusing on numbers, they may do just that.

Sign Up a Non-Member Today

If you sign up a non-member, you will receive \$25 dollars. The new member will get a \$25 signing bonus. The reality is, our Postal Unions are the only ones that challenge the actions of the Postal Service and hold Management accountable for its actions. The only reason that management tries to follow the contract is because of the constant vigilance of our unions.

Presidents Report (Continued from page 1)

income. Of course we have all seen the commercials about Priority Flat Rate boxes and the catchy phrase of, "If it fits it ships." But this alone will not generate sufficient income to make a difference in the USPS financial situation.

We all know that the requirement to pre-fund the future retirees' health care causes the USPS to start each year \$6 billion in the red, but our postal officials and our elected officials seem reluctant to eliminate it. They also know that the USPS has overpaid into the civil service retirement fund in the amount of \$75 billion, but won't pass legislation to return this money to the Service. Just one of these two options would put the USPS in the black and eliminate the excessive cuts that we are currently experiencing. The philosophy at the Postal Service is one of simply cutting costs, workforce, and service, and paying no attention to generating income.

How will the Service compete with UPS when their locations are open from 8:30 am – 6:30 pm weekdays, and 8:30 am – 6:30 pm Saturday? Or with FedEx locations that are open 7:30 am – 9:00pm weekdays and 10:00 am – 6:00 pm on Saturday? They cannot, particularly when the post offices are reducing their operating hours and staff. Did you notice above that both UPS and FedEx have Saturday hours? That's right, but our employer wants to cut out Saturday delivery. As our National President, Bill Burrus says, "Once we lose these customers, we will never get them back. Could the Postal Service make sure the post office lobbies are open by 7:30 am so customers can retrieve their mail earlier? Or

place self-service Kiosks in the lobbies too so customers can purchase postage or other postal services earlier in the day? These ideas are used by Deutsche Post and Post Danmark. Another service used by Deutsche Post and Post Danmark is self-service Kiosks for parcel pick up and delivery. Rather than creating more contract postal units, we need our existing post offices made more customer-friendly and the Postal Service to use its infrastructure more creatively particularly if they are going to continue cutting the hours of operation. It only makes good business sense to try to generate additional income by making good use of your existing resources. By simply concentrating on cutting costs and not on increasing their income, customers and income will be lost, and in many instances, lost forever.

In summary, we have a huge task ahead of us. I ask each and every one of the members to give your support to the new officers and stewards. In the local union I will make sure that you receive quality representation by better educating all stewards and making sure they do their job. There will be no easy ride under my watch. Stewards will be expected to do their best and serve the members they represent. Officers will be visible and accessible to all members. As for the Postal Service, we will police the contract and make sure management fulfills their responsibilities and obligations within that agreement. Let's work together and we will get through these tough times.

Thank you.

Labor Day (Continued from page 2)

In 2009, we calculate ... CEOs of major U.S. corporations averaged 263 times the average compensation of American workers."

Layoffs pay. The study found that the chief executive officers of the 50 firms that laid off the most workers during the recession took home an average of nearly \$12 million last year — 42 percent more than the average pay of all the CEOs at S&P 500 firms.

No wonder workers are angry. No wonder they're massing in large protest rallies.

No, wait. Those are the Tea Partiers and the Becksters.

They're angry at federal health care reform, even though it will save them money and reduce the deficit.

They're angry about the Wall Street bailout. Except for the fact that it was absolutely necessary because the titans of Wall Street had a gun at the head of the world economy, they should be angry.

They're angry about the \$787 billion in stimulus spending, even though it returned a fat tax break to them, saved the jobs of cops and teachers and state employees and paid unemployment compensation to the victims of the Wall Street manipulators.

Workers need to be angry, but at the right people — the ones who for 30 years have been steering ever more of the wealth of this nation into fewer and fewer hands.

Ironically, it is those plutocrats — oil and insurance company executives, big bankers and other Wall Street tycoons — who are orchestrating many of these protest rallies.

This is where labor is most effectively organized on Labor Day Weekend 2010: against the interests of working America.

-St. Louis Post-Dispatch Editorial – 9/5/2010

THANKS FOR YOUR SUPPORT

Vice President Report by Barbara Sellini

I want to take this opportunity to thank each and every one of you for your support in the recent election. You took the time to exercise your rights and your voice as a dues paying member of the APWU. It doesn't matter who you cast your ballot for as long as you voted. We have a hard fight ahead of us. I know I have a lot to learn but we all must keep pushing and work for the good of all our membership.

We have a new Captain and a new Crew. We will all do our best to keep this Union afloat and on an even keel. I appreciate your support over my years as a Union official and I will continue to do the best I can to be of service to you. I want to give a special thanks to James and Pat Steinmeyer for their thoughtfulness.

God bless you and thank you from the bottom of my heart.



The Newly Elected Officers of the St. Louis Gateway DAL were sworn in on 9-8-2010

Clerk Craft Director Report

By Pam Sacus

I want to thank the members for supporting me for Clerk Craft Director. I congratulate the newly elected officers, and wish the best of luck to outgoing officers in their future endeavors. As your director, I will work diligently and aggressively to enforce our contract to protect every member's rights. We have many seen and unforeseen challenges ahead of us, and we need to be unified in order to survive the new wave of attacks from the Postal Service. Therefore, I am requesting that each of you make time in your busy schedules to attend at least one (1) craft/general membership meeting per year. It is imperative we protect the hard fought benefits we have achieved over the past 40 years of collective bargaining. I am looking forward to working with my fellow officers, representatives and members to fight and give you the best representation.

Once again, thank you for your support.

THERE'S MORE TO LIFE THAN THE USPS

By Gary Basgall

Many times in life you can receive a revelation in a moment that you weren't expecting anything extraordinary. They can come in the blink of an eye without any warning and can become one of those life changing events that make some of your problems come into focus and give you a better perspective on things. Not long ago I had this type of experience at an auction that I attended for friends of mine that had recently divorced.

I went to the auction not only to offer moral support for these friends but also to try and salvage some items that had sentimental value to my wife and me. We have known this couple for many, many years and have watched our children grow up together, had sad times, a lot of good times and we grew older together. Because of decisions that were made, their lives have taken different paths and they realized they were no longer meant to be married to each other.

They had, like most of us, accumulated a lot of stuff over the years and after they divided up the things that they wished to keep, decided that the fairest and most financially sensible thing to do was auction off the rest of their shared belongings. It was while I was watching the auctioneer hastily fly through the remaining items of theirs that I had my revelation. It dawned on me that all of their life's experiences had been reduced to a few boxes and piles that had no real value to anyone else on earth. Everything they had done in their life; raising two boys to college age, family celebrations of birthdays, weddings, anniversaries, and holidays; suffering through life's hard times with the loss of loved ones, illnesses or struggling at times with family overhead, was now nothing more than boxes of stuff that were selling for a dollar to the highest bidder. No one cared that the books they just bought may have been the ones my friends read while sitting up all night with a sick child. They didn't care that the picture frame was one that used to hold a picture of

one of their long lost family members. All they knew was they were getting a bargain. As I was watching this, I realized that I really needed to stop worrying about the little day-to-day problems of my life including the current condition of the Postal Service.

Like many of you, I have serious concerns about the future of the Postal Service. At the rate we are going and with the leadership that we have, I can't see us lasting much longer. There needs to be some serious changes at the national level of the USPS or we are destined to be nothing more than a memory in the history books. You and I didn't create this mess the Postal Service is in and we sure aren't going to solve it on our own, but until there's a major overhaul of the business plan and management from the Postmaster General on down, we will never see any improvements. You and I can try to initiate change through the means that are available to us, but that's all we can do...try. We either will survive or we won't. It's really that simple.

I'm a believer that everything in life is always in a state of flux, always changing. No matter if the situation is a good one or a bad one, eventually it will only be a memory. So for any of you that might be losing sleep over the uncertainties of our survival, you need to take a deep breath and relax. It's very possible that all that's important in your life at this moment will one day simply be a box of stuff being sold for a dollar to the highest bidder.

Reprinted from The Jayhawk

Veteran's Salute

If your name did not appear in last year's salute to veterans or if you wish it to appear on this year's list, complete the information below and return it to the union hall or the shop stewards booth at the main office.

Name _____ Branch of Service _____

The Changing of the Guard

BY BOB COOK MVS DIRECTOR



It's been about 7 years since the last leadership change in the Motor Vehicle Craft. I just want to thank Matt Heiman for his vote of confidence and the 2 assistants, Ron Wrinkle and Jeff Cooper.

We are all going through the same tough times with Postal Management and their get-tough tactics. This is a time for the craft to pull together and support one another. We must not fall for management's plan to pit the craft employees against each other. We as a craft are all in this together, and IF we all stick together as

a craft unit, we have a very good chance of beating management at their own game.

I would encourage everyone to try to make it to the union meetings so there will be some input about what's going on daily at work.

Please have some patience with us, as this transition will take some time to complete. I have a lot of learning to do with some of the driver issues, and once again I would ask that you be patient with me. Together we can make this work.

In closing I would just once again like to thank Matt for all his time and hard work, and to wish him the best of luck on his campaign for the National Business Agent position.

If you have any questions you can always e-mail me at Bobcook@stlouisapwu.org

Congratulations

Congratulations to Sarah Ann and Nathan Brook on the birth of their daughter Addison Jane on September 9, 2010. Nathan is the son of member Charles Brook and Annette Hollenbeck and the Step-son of Gene Hollenbeck.

Submitted by Gene Hollenbeck.

Thank You

On behalf of all the recently elected and unopposed officers, thank you for voting. Thank you for your support and the jobs you have entrusted to us. We are grateful for the confidence you have shown in us. We will all work hard to live up to your expectations.

**Save Our Jobs
Mail Your Bills**

TRANSITIONS

**Bishop Evire Lee Conley, Sr.
Father of Rosa Jordan
Accounting Services**

**Florine Spruell
Mother of Leon Spruell
Tour 3 Clerk**

**Louis Baker
Son of Dorothy Curry
Window Clerk-Clayton
Sister of LaTosha Baker
Accounting Support Specialist**

**Clarence Birton
Father of Maggie January
Fields Sales Branch**

ATTENTION! ALL ASSOCIATE OFFICE APWU MEMBERS!

By Becky Livingston- Associate Office Director

Over the last year our APWU members have been dealing with a lot of change. Changes being implemented by the new Postal Service District Manager and his staff are hitting the Clerk Craft, and especially the Associate Office PTFs, the hardest. While we all understand the country is going through tough economic times and we realize that the Postal Service is having financial problems, why does it seem clerk craft members are the ones making most of the sacrifices. The Delivery Unit Optimization Program (DUO) has resulted in the consolidation of delivery units and the excessing of clerks to larger offices. This puts a hardship on rural communities and our APWU members and their families.

Associate Offices are a major concern of Union leaders as they enter into contract negotiations with the Postal Service. This was highlighted at the National Convention held in Detroit, Michigan this summer. The new National Agreement will be a pivotal contract for the APWU. It will set the stage for all future negotiations. To save the postal service, as we know it, everyone must get actively involved in our communities and the

APWU. Talk to your family, friends and co-workers (especially non-union members) and let them know that we need their support. Encourage them to contact their elected officials concerning the implementation of 5-day service. Remember the job you save may be your own. Sink or swim, we are all in this together. When you hear of possible changes in the structure of your office, call the Union! When you observe Postmasters and Supervisors performing bargaining unit work, call the Union! We want to make sure your contractual rights are being protected. If you have any questions or concerns take the time to call the Union Hall. There will be someone to answer your question or to find the information you need.

During October and November, the APWU will hold Associate Office meetings in your area. It might be helpful to make a list of questions or concerns that you would like addressed by your Union officers. In the next few weeks, you will receive more information about times, specific locations and dates of these meetings. In the meantime, please call the Union Hall if you have any immediate concerns. I look forward to seeing you all very soon.

Yours in solidarity, Becky Livingston

JUST A REMEMBERANCE

Now in these difficult times, we should insure the burial needs of our loved ones.

Please contact your local mortuaries to get reasonable plans, and price compare to suit your individual financial needs.

In these perilous times we need to prepare ourselves for future needs, so not to leave your families with financial burdens.

James:4:14

Where as you do not know what will happen tomorrow. For our life is a vapor that appears for a little time and then vanishes away.

Al "Mickey" Miller Sergeant at Arms

Greetings Brothers and Sisters from your Sergeant at Arms. I would like to thank the membership for the continuing trust and belief in me and my ability to do the job of sergeant at arms. I would also like to thank every single member that exercised the right to vote no matter who your choice was. The fact is you took the time to vote and that is the only way to have your say about who represents you for the next three years of what we all know will probably be the toughest times yet experienced by postal workers.

I am very fortunate in that I have enjoyed working for every administration of your choice for the past twenty-five years or more. I will most certainly continue to offer my best effort to benefit our membership and our local. Thank you.

As your representative on our EAP committee for the past fourteen years along with Vice-President Barb Sellini, we continue to monitor the progress of our service provider, St. John Mercy Health Systems.

The St. Johns Mercy EAP continues to provide confidential, professional and timely service to our members. They are available twenty-four hours a day, seven days a week so that any member of the St. Louis 631 or Annex units can call and make appointments and receive service at the member's discretion.

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Happy Birthday

SEPTEMBER

ABBINGTON, ROSS
ALLEN, AURELIA
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ALSOP, PAMELA
ANTHONY, SHARON
AYDT, JULIE
BECK, CATHY
BELT, PAUL
BERRY, LORA
BLACKMON, ANTHA
BLACKWELL, JACQUELINE
BOATMAN, SHERYL
BOLDEN, LOUIS
BOLES, VIVIAN
BREWER, EDWARD
BRICKEY, THOMAS
BROWN, DUANE
BROWN, MARQUIS
BUCKNER, REGINALD
BUETTNER, ROGER
BURBRIDGE, KIMBERLY
BURNS, ANDREA
CAUSEY, CARMELLA
CONNELLY, SUZANNE
CRAWFORD, LARRY
CURTIS JR., JAMES
DANCY, WENDELL
DANGELO, FRED
DARNELL, PAMELA
DELANEY, JACQUELINE
DIXON, MILDRED
DUMAS, JANIS
EDDINGS, ANTHONY
ELLIS, MARIA
FELL, TERRY
FINNEGAN, MICHAEL
FOGEL, EARL
FOSTER, DEAN
FREEMAN, BEVERLY
GAY, YVETTE
GILLESPIE, MARCIA
GLASER, ROSE
HANKS, LAWRENCE
HARRIS, ANTHONY
HARRIS, JAMES "PAT" HARRIS

HARRIS, JUSTINE
HARRIS, LARRY
HENDON, EDWIN
HENSON, RUTH
HERRINGTON, NAKIA
HUGHES-STEWART, JOYCE
IRVING, RAY
JACKSON KATHY
JENKINS, PAULA
JENNEWEIN, CHRISTOPHER
JERMAN, MICHAEL
JOHNSON JR., HARRY
JOHNSON, LAVONNE
JOHNSON, RAMONA
JOHNSON, ROBIN
JOHNSON, VALERIE
JORDAN, KEVIN
KEETHLER, GARY
KLEIN, LAURA
LANDRUM, DARREN
LILES, MATHEW
MAGEE, DEBRA
MASON, ROBERT
MAY, LISA
MCINTOSH, WANDA
MCNEIL, SHANNON
MCTYER-JOHNSON, JAN
MEBANE, DARRYL
MINOR, BRENDA
MIRAMONTI, FRANK
MOORE, ANNETTE
MOORE, DIANE
MORAN, LARRY
MURPHY, VINCENT
NANCE, CASSANDRA
NICHOLAS, ALAN
NUCKOLS, NADINE
PALISCH, STEVEN
PARRISH, CLIFFORD
PATRICK, STEVIE
PROTHRO, GIZEL
REDDEN, ANDRE
REED, PATRICIA
REIDT, GEOFFREY
SACUS, CHARLES

SANDERS, JACQUELINE
SAVOY, ALAN
SAYLES, SANDRA
SCHNEIDER, GERARD
SEEGER, GARY
SIMARD JR, WILFRED
SIMMONS, RONALD
SIMS, SHEILA
SMITH, CHRISTINE
SMITH, GALE
STEPHENS, MARTIN
STRODE, ERMA
THOMAS JR., RICHARD
THOMAS, NATHANIEL
TIMMINGS, GEORGE
TRACY, JAMES
TUCKER, SANDRA
TURNER JR. , LEHMAN
WERNER, SUZANNE
WEST, NORA
WHITE, MARVIN
WILDERMAN, TIMOTHY
WILLIAMS, ANNETTE
WILLIAMS, ANNIE
WILLIAMS, FLAVIA
WILLIAMS, JAMES
WILLIAMS, NITA
WILSON-TATE, MICHELLE
WOODS, BARBARA
WOODS, WANDA
ZIYAD, JANIS



Happy Birthday

OCTOBER

ALLEN BRUCE	EVANS, CATHERINE	KROEGER, DENISE	SMITH RACHEL
ALTOM, DAVID	EVANS, SUSAN	LAMBERT, KIANE	SMITH, PATRICE
ANDERSON, JOYCE	FELL, LAWRENCE	LEWIS, RAYMOND JR.	SMITH, TODD
ARCHAMBO, MICHAEL	FLOOD, SUSAN	LLOYD, MICHAEL	SOSTMAN, YVONNE
ARNOLD, NINO	FULLER, ESTHER	MACK, SARAH	SPENCER, DIANNA
BATES, STANLEY	GALATI, MICHAEL	MANUEL, DANA	SPIGHT, CARLISS
BEELER, EDWIN	GALOW, KELLY	MARKS, GWENDOLYN	STEPHENSON, FRANKIE
BERNER, DONNA	GARDNER, LEONARD	MARTY, GEORGE	STINSON, CHERYL
BLANCHFORD, JAMES	HAAKE, DENNIS	MATTHEWS, RICHARD	SWANIGAN, STANLEY
BLAND, HERBERT	HAMILTON, YALONDA	MAZIQUE, ELAINE	SWITZER, SCOTT
BOND COUNTEE	HARLAN, LISA	MCCALL, DAVID	SZCZEPANIK, CHARLES
BOWERS, ARNETT	HARRIS, DUKE	MCKENNA, WILLIAM	TAYLOR, DERRICK
BOYER-POTTER, MARY	HAYDEN, TRACEY	MEYER, ROLAND	TERRY, ROBERT
BREWINGTON, JOHN	HENDERSON, SAMEARL	MIDDLETON, RALPH	THOMPSON, CHARLENE
BROOKS, HAROLD	HENDRICKSON, WILLIAM	MISURACO, JOSEPH	TYSON, KENNETH
BROWN, GARRY	HERRMANN, DAVID	MIZELL, PAMALA	WALLS, KENDALL
BROWN, JIMMY	HIBBLER, SHANTEALA	MONTGOMERY, KEITH	WARD, RUDOLPH
BROWN, LATASHA	HITTLER, PATRICIA	MOODY, SHEILA	WELCH, DARYL
BURTON, EDITH	HOEFLINGER, PATRICIA	MOSBY, LARREN	WERNER, DAVID
CALMESE, KYMBERLIE	HOGAN, MELVIN	MOUNT, MICHAEL	WESTBROOK, SUSAN
CAMPBELL, PAMELA	HOLLEY, PAMELA	MURPHY, VIRGIL	WHITE, DELORES
CARTER, SUSAN	HOLMES, GWYNN	NEVILS, TONI	WILKERSON, KIM
CHATMAN, SYLVIA	HOLMES, MARK	NUNN, CLAUDIUS	WILLIAMS, HERMAN
COLLINS, BERNARD	HUDDLESTON, JOYE	PERRY, ZYLVIA	WILLIAMS, MICHAEL
COOK, BEVERLY	HUNTER, RACHELL	POTTS, DOUGLAS	WILSON, JACKIE JR.
COOK, DENISE	JARVIS, MARY	PRICE, JOHN JR.	WINKELER, DENNIS
COOK-INGRAM, EMMA	JAYCOX, MICHAEL	QUIRION, KARRY	WOOTEN, SHARION
COOPER, KEITH	JEFFERSON, SIMUEL	RANDELS, SANDRA	
CUNIGAN, INA	JOHNSON, NINA	REAGAN, PAMELA	
DAUPHIN, GARY	KELLY, ROBERT	RILEY, DANIEL	
DAVIS, MICHAEL	KINCAID, VERNON JR.	ROBINSON, VENETTA	
DORIA JAMES	KINDLE, DAVE	RODGERS, UNA	
DOZIER, JOSEPH	KOLLENBERG, MICHELLE	ROWLAND, KELVIN	
DUKES, LISA		SACUS, PAMELA	
DUMAKA, ILAM		SILVER, TIMOTHY	
EASON, GAY		SIMMONS, DARRELL	
EDINGER, WILLIAM		SINSKEY, BRIAN	

**If you want your birthday to appear in future issues of the PressOn,
please contact Nancy at the Union Hall at (314) 231-7665.**



The science of medicine, more specifically the pharmaceutical arena, continues to progress and evolve at an astonishing pace and sometimes the simple interactions with everyday life tend to be overlooked. Medications can deplete essential nutrients or interfere with their absorption. This leads to discomfort as well as added stress on the ecosystem of the body. Below you will find a list of medications, what they do to the body and what you can do to offset the effects.

Medication: Antibiotics, such as penicillin, amoxicillin.

Nutrient Depletions: Can destroy both the good and bad bacteria in the stomach, which influences digestion (eg. inducing diarrhea).

Supplement/Outcome: Consider taking probiotics to help restore the balance.

Medication: Cholesterol-lowering statin drugs.

Nutrient Depletions: Can decrease the amount of Coenzyme Q10 (CoQ10)—an important antioxidant that aids in the production of energy.

Supplement/Outcome: There's little evidence that CoQ10 supplements can help patients on statins.

Medication: Diuretics, such as medications for heart failure, high blood pressure (eg. amiloride, triamterene, bumetanide).

Nutrient Depletions: Diuretics rid the body of excess fluid, which can lower blood pressure. This process can lead to the depletion of potassium, which can cause abnormal heart rhythms.

Supplement/Outcome: Taking potassium supplements can be helpful. Eating potassium-rich bananas is a natural alternative.

Medication: Anticonvulsants (eg. phenytoin).

Nutrient Depletions: Can cause vitamin D deficiency in epilepsy patients under antiepileptic drug treatment.

Supplement/Outcome: Consider taking vitamin D and serum 25-hydroxyvitamin D.

Medication: Acid reflux medication (eg. proton pump inhibitors, esomeprazole).

Nutrient Depletions: A short course of acid reflux medication can reduce the level of vitamin C plasma in some people.

Supplement/Outcome: Take vitamin C prior to the course of medication—you won't be able to get enough via dietary intake.

Medication: Non steroidal anti-inflammatory drugs (NSAIDs), such as acetylsalicylic acid and ibuprofen.

Nutrient Depletions: Some NSAIDs can cause calcium loss through the urine and can interfere with nutrient metabolism.

Supplement/Outcome: Check your vitamin D levels with your doctor as it helps improve your calcium absorption. Take calcium supplements if needed.

APWU
HEALTH PLAN
Live Life Well

'Change' for Our National Convention of Postal Workers

BY MAMIE WELLS - IT/ASC DIRECTOR

The excitement was in the air as members of Local and State Unions made their way into the National Convention hall to vote on all the resolutions presented by the many state unions from all over the country. Along with ears tuned into listening to the delegates voicing their opinions and casting a yes or no vote, was the hope for the future. Hoping that change would produce an even stronger union. There were also tears in our eyes knowing that our retiring National Union President William Burrus would stand in front of us for the last time as the presiding leader of the American Postal Workers Union.

The delegates took to the streets, marching to support six-day delivery. We found joy in knowing that we could help bring about a change that would ensure that Postal Workers would keep their jobs and our customers would continue to get the best possible service. Yes, there will be change. We have to make sure

that the change is a positive one for our valued customers, our tireless Postal Workers and our fearless union leaders. Say it again- Six-day delivery, yes-Five-day delivery, no.

Stand strong dues paying members for there is strength in numbers. Lastly, I would like to say thank you to all of the dues paying members for your support. And thank you in advance for your future support. I will serve proudly as Director of Support Services IT/AS. I would like you all to give yourself a big round of applause. You have done a great job in keeping your union strong. You are the St. Louis Gateway District Area Local. Please make your voice count and vote in the upcoming National election. Let's work together and build a proud and strong union for the future.

Save Our Jobs *Write a Letter Thursdays*

BY RUDY HAYNES

Our young people do an awful lot of text messaging. Let's get them into the habit of writing letters again. They would have to spell out all the words which would improve their grammar and vocabulary skills. This would enhance our children's literary skills and increase the first class mail volume. This would be a win-win situation.

Let's challenge them to write a letter every Thursday to someone of their choice. It could be our Troops, a prison inmate, or a relative in another state. Let them pick whom they would like to write to on a topic of their choice. We could even pick a nursing home and have young

people send them post cards. That would certainly brighten the seniors day.

I can remember when I was in the Navy and overseas. It was a wonderful feeling when we had mail call and they called my name to get a letter. I will never forget how excited I was to get something from home.

If you like this idea, please pass it on to anyone who will listen. Let me know what you think. Post it everywhere and remember to....

Write a letter Thursdays!!

Peace!!!!!!

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Shelia Patton-Harris...Editor
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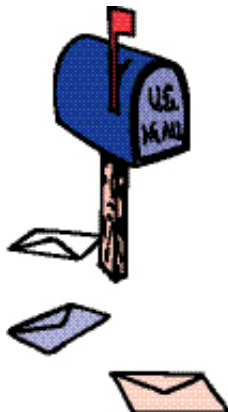
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GATEWAY LOCAL CALENDAR

September 6 (Monday)	Labor Day Holiday
September 8 (Wednesday)	Executive Board Meeting (2 p.m.)
September 12 (Sunday)	General Membership Meeting (3 p.m.)
September 13 (Monday)	Steward's Training (8:30 a.m. & 7 p.m.)
September 19 (Sunday)	Family Day Picnic
September 29 (Wednesday)	Executive Board Meeting (2 p.m.)
October 2 (Saturday)	General Membership Meeting (9:30 a.m.)
October 11 (Monday)	Columbus Day Holiday
October 18 (Monday)	Steward's Training (8:30 a.m. & 7 p.m.)
November 10 (Wednesday)	Executive Board Meeting (2 p.m.)
November 11 (Thursday)	Veteran's Day Holiday
November 14 (Sunday)	General Membership Meeting (3 p.m.)
November 15 (Monday)	Steward's Training (8:30 a.m. & 7 p.m.)
November 25 (Thursday)	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.



Moving? Send us your new address so that 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.