

Wreath-Laying at Arlington National Cemetery



The Tomb of the Unknown Soldier contains the remains of an unidentified American soldier from World War I. Sculpted into the east side of the marble sarcophagus, which faces Washington, DC, are three Greek figures representing Peace, Victory and Valor. The six wreaths, three sculpted on each side, represent the six major campaigns of World War I. Inscribed on the back of the tomb are the words: "Here rests in honored glory an American soldier known but to God." West of the World War I Unknown are the crypts of unknowns from World War II, Korea and Vietnam.

Michiana Area Vice President Kevin Trayer and NAPS President Brian Wagner watch the Tomb Guard sentinel at the Tomb of the Unknown Soldier, which stands atop a hill overlooking Washington, DC.



NAPS resident officers with members who participated in the wreath-laying ceremony, from left: Executive Vice President Ivan D. Butts, Secretary/Treasurer Chuck Mulidore, Mary Mitchell (Branch 61), President Brian Wagner, William Paige (Branch 46), Dennis Gawron (Branch 27) and Larry Ewing, (Branch 52).







First-Timers Learn the Ropes

By Karen Young, NAPS editor

First-timers to this year's LTS were welcomed to their orientation by NAPS President Brian Wagner. He told them the legislative agenda is very important; it impacts NAPS members' families and jobs. "Make sure you enjoy your experience and ask questions," he said.

Secretary/Treasurer Chuck Mulidore also welcomed the first-timers to Washington, DC, and assured them they have well-qualified legislative activists to walk them through their orientation. "Don't be afraid to reach out," he urged.

Executive Vice President Ivan D. Butts said this was the first-timers' introduction to talking to legislators and their aides about NAPS' issues. "This is where we have our grassroots efforts," he explained. "We have to be involved and engaged and not just here, but at home, as well." He said

President Brian Wagner



members' generous donations to SPAC are what make it possible to have connections with lawmakers.

Legislative Counsel Bruce Moyer told the first-timers he was glad they are attending LTS. "This is your opportunity to let your legislators hear your grievances—a right guaranteed by the Founding Fathers. Talk here and back at home; the work goes on." He introduced the NAPS experts who would help the first-timers make their meet-

Secretary/Treasurer Chuck Mulidore



Executive Vice President Ivan D. Butts





ings on Capitol Hill the best they can be.

Paul Norton, Indiana State legislative chair, told first-timers it's okay if they are nervous, but he assured them their representatives want to hear from them. He advised they attend their caucus to learn more about what to expect during their Hill visits.

"We want to make sure our supervisors don't get trampled on too badly," Norton explained. "Tonight, be proactive and get out your 'Legislative Issues Brief' and highlight the main points you think are important. Be prepared tomorrow."

Stanley Gold, Miami Branch 146, long a stalwart of political activism, talked about the importance of maintaining contact with their lawmakers in their home districts. "If you're in the right place and someone asks you the right question, something can get accomplished," he said. "One person at the right time can make a difference."

**Legislative Counsel
Bruce Moyer**



**Stanley Gold, Miami
Branch 146**



Moyer recognized Florida State Legislative Chair Ann Strickland, lauding her prodigious efforts in raising funds for SPAC. She talked about the importance of SPAC and said NAPS members have to do a better job of supporting SPAC. "If there is a fundraiser in your district, go to it," she urged. "We can meet one-on-one and ask the representative for their support on our issues."

Strickland suggested ways to raise money, including having a SPAC walkathon. "Get pledges from your co-workers," she suggested. "SPAC is





Florida State Legislative Chair Ann Strickland

near and dear to my heart because I know how important it is. Every little bit helps!" She recommended holding fundraisers at branch meetings, such as raffles or silent auctions.

"NAPS needs funds in SPAC to keep lawmakers as our friends," she said. "Passion and energy are needed when you meet with them on the Hill."

LaNeda Pitts, Chicago Branch 14, told first-timers she has been attending LTS since 1988 and offered four simple steps to follow—whether a first-timer or seasoned veteran—in order to have a successful event: preparation, relaxation, execution and follow-through.

In order to prepare, she told the first-timers, they must read over all the information provided so they know what they are talking about. "Don't be afraid to ask questions," she said. "Preparation is key." It's also important to relax—focus on the presentation, be pleasant and smile, she counseled.

Pitts told the first-timers execution involves shaking hands and introducing themselves to the legislator or their aide. "Thank them for their time and the op-



LaNeda Pitts, Chicago Branch 14

Indiana State Legislative Chair Paul Norton

portunity to visit," she said. "Make sure your information is accurate. And if they are co-sponsoring a bill NAPS supports, thank them—they are looking out for us. If they're not a co-sponsor, ask for their support.

"If you don't know the answer to a question, don't embellish," she admonished. "It hurts your integrity. Also, invite them to your postal facility."

Regarding follow-through, she told the first-timers to fill out the LTS questionnaires and have their one-on-one meetings with either Bruce Moyer or Katie Maddocks. "Send thank-you notes or emails to those you visited," she said. "Stay in touch. Attend town hall meetings in their districts. You must establish and keep strong relationships with your congressional member."



A Message of Faith

This is the sixth year NAPS has held a non-denominational worship service at LTS. The service started as a vision of former Illini Area Vice President Dr. Nancy Wesley to give LTS delegates the opportunity to worship with one another while away from their home churches.

The Holloway Family provided inspirational music at this year's service. Northern Virginia Branch 526 President Lloyd Cox welcomed everyone and gave the invocation. Scripture passages were read by Eastern Region Vice President Richard L. Green Jr. and Paul Foley, Massachusetts Branch 120.

The message was given by Branch 327 President and Retired Postmaster Rev. Prescott Butler. Executive Vice President D. Butts offered the benediction.



Prescott Butler



Richard L. Green Jr.



Paul Foley



Ivan Butts and Prescott Butler

The Holloway Family



Town Hall Meeting







2016 SPAC Contributors *at LTS*

Louie's Ultimate SPAC (\$1,000+)



VP Elite (\$750)



Secretary's Roundtable (\$500)



Chairman's Club (\$250)



Supporter (\$100)





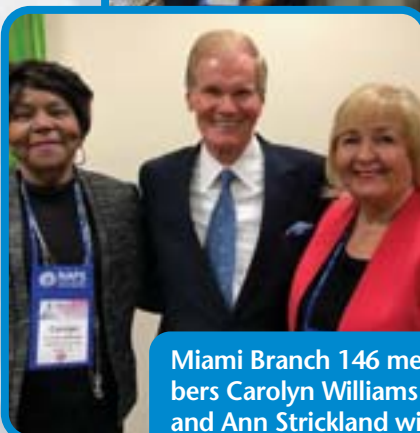
Capitol Hill Photo Album

Photos by LTS delegates

Delegates from Florida met with Rep. Debbie Wasserman Schultz (D-FL). From left: Iliana Gonzalez, Eddie Suarez, Wasserman Schultz, Patti Lynn and Stanley Gold.



Miami Branch 146 members on Capitol Hill, from left: Iliana Gonzalez, Eddie Suarez, Ileana Ros-Lehtinen, Mike Murphy and Stanley Gold.



Miami Branch 146 members Carolyn Williams (left) and Ann Strickland with Sen. Bill Nelson (D-FL)



San Juan, PR, Branch 216 President Antonio Cabrera (left) and Vice President Jose Rodriguez with Rep. Stacey Plaskett (D-at large VI)



The Arizona delegation, with their tablet and talking points, met with Rep. Ruben Gallego (D-AZ). From left: Sharon Kiszczak, Branch 246; Shawn Bruffet, Branch 376; Tanna Ducharme, Branch 246; Ute Eisinger, Branch 376; Gallego; George Hernandez, Branch 246; Jim Salmon, Branch 246; and Juan Luna, Branch 246. Not shown were Wendell March, Branch 246; and John Aceves, Branch 376, who took the photo. The group reported that Gallego was impressed by the tablet PowerPoint presentation and very receptive to NAPS' concerns.



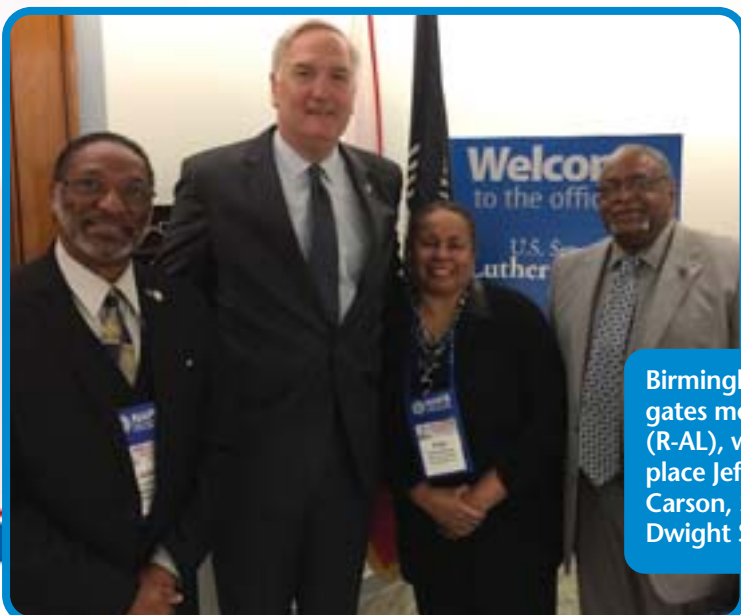
California delegates met with Crystal Martinez, the postal/federal aide to Sen. Dianne Feinstein (D-CA). From left: Sally Simpao, Marsha Danzy, Martinez, Debbie Baker, Bridget Evans, Tom Wong and Marilyn Walton.



Sacramento, CA, Branch 77 delegates Jackie Rominger (left) and Karen Rahming traveled to Capitol Hill during LTS.



East Bay, CA, Branch 127 met with Art Motta, aide to Rep. Eric Swalwell (D-CA). From left: Glenn Gray, Edna Gray, Vontina Swygert, Frances Barfield, Motta and Alphonso Wright.



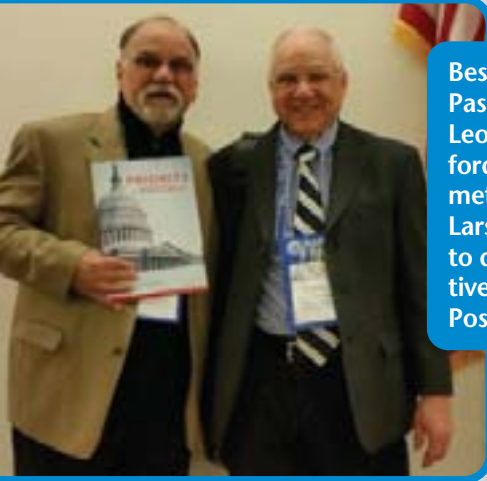
Birmingham, AL, Branch 45 delegates met with Sen. Luther Strange (R-AL), who was appointed to replace Jeff Sessions. From left: John Carson, Strange, Pamela Carter and Dwight Studdard.



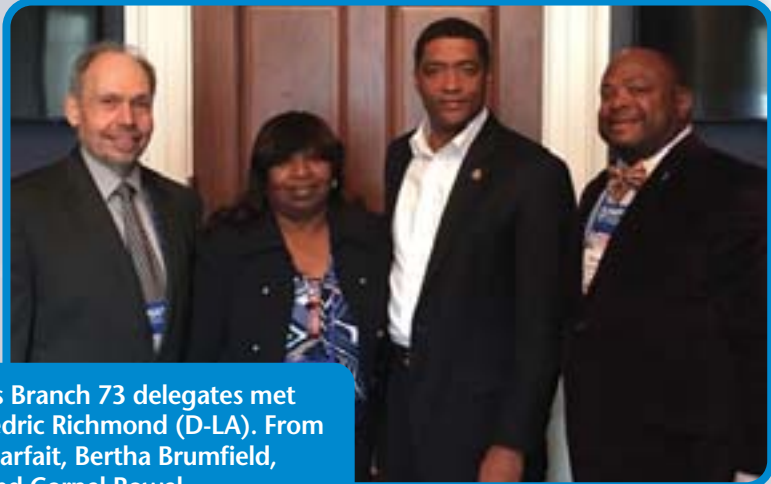
Indiana State Legislative Chair Paul Norton (right) and Rep. Todd Rokita (R-IN)



North Houston Branch 589 members Anselmo Davila (left) and Edward DelaRosa with Rep. Ted Poe (R-TX).



Best friends Michael Pascucci (left) and Leonard Caruso, Hartford, CT, Branch 105, met with Rep. John Larson's staff (D-CT) to discuss the legislative issues facing the Postal Service.



New Orleans Branch 73 delegates met with Rep. Cedric Richmond (D-LA). From left: Ernest Parfait, Bertha Brumfield, Richmond and Cornel Rowel.

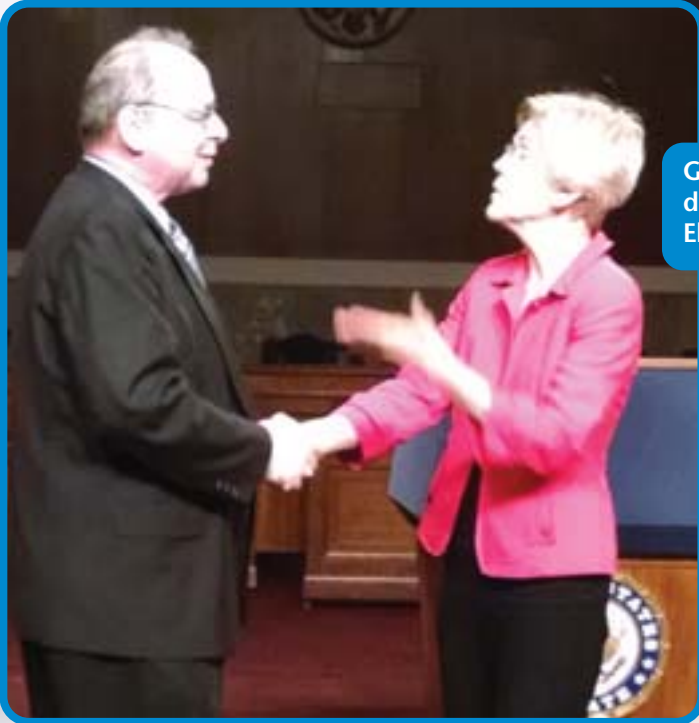
Delegates from Louisiana visited lawmakers on Capitol Hill.



Heart of Illinois Branch 255 and Illinois Auxiliary members met with Rep. Mike Bost (R-IL). From left: Angie Winters, Mike Winters, Brian Wagner, Bost, Dan Rendleman, Linda Rendleman and Ruthie Beal.



Greg Murphy, Springfield, MA, Branch 102, discussed postal reform legislation with Sen. Elizabeth Warren (D-MA).



Nebraska State Legislative Chair Shirley Jahn discussed NAPS' legislative concerns with Sen. Ben Sasse (R-NE).

Omaha, NE, Branch 10 members with Sen. Ben Sasse (R-NE). From left: Roger Humphries, Carrie Goedeken, Shirley Jahn, Sasse, Mary Caruso, Clint Simmons and Kathi Simmons.





The delegation from Georgia met with John Ferro, aide to Rep. Doug Collins (R-GA). From left: Roger Finley, Ferro, Jane Finley, Christina Olivia and Kevin Moore.



Roger Finley (left) and Jane Finley with Rep. Earl L. "Buddy" Carter (R-GA)



Roger Finley and Rep. Doug Collins (R-GA)



Colorado delegates met with Rep. Diana DeGette (D-CO). From left: Myrna Pashinski, Ali Hashed, DeGette, Gary Roll and Donna Flaherty.



Rep. Michelle Lujan Grisham (D-NM) posed with New Mexico State Branch 934 delegate Joel Wadsworth (left) and Albuquerque Branch 295 delegate Frank Gallegos.

NAPS Executive Board Directory

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The resident officers may be contacted at 1727 King St., Suite 400, Alexandria, VA 22314-2753; (703) 836-9660; (703) 836-9665 (fax)



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Introducing the 2017 SPAC Pins

This year offers new SPAC designations
with corresponding pins:



President's Ultimate SPAC

\$1,000 level includes LTS SPAC reception for donor plus one guest



VP Elite

*\$750 level includes LTS SPAC reception
for donor plus one guest*



Secretary's Roundtable

\$500 level includes LTS SPAC reception for donor plus one guest



Chairman's Club

\$250 level



Supporter

\$100 level

**Support SPAC to
support the lawmakers who
fight for what matters most
to NAPS members.**

Contributions via USPS Payroll Deduction



To authorize your allotment **online**, you will need your USPS employee ID number and PIN; if you do not know your PIN, you will be able to obtain it at Step 3 below.

- 1 Go to <https://liteblue.usps.gov> to access PostalEASE.
- 2 Under Employee App-Quick Links, choose PostalEASE.
- 3 Click on "I agree."
- 4 Enter your employee ID number and password.
- 5 Click on "Allotments/Payroll NTB."
- 6 Click on "Continue."

- 7 Click on "Allotments."
- 8 Enter Bank Routing Number (*from worksheet below*), enter account number (*see worksheet*), enter account from drop-down menu as "checking" and enter the amount of your contribution.
- 9 Click "Validate," then "Submit." Print a copy for your records.

PostalEASE Allotments/Net to Bank Worksheet

On your next available allotment (you have three):

- Routing Number (nine digits): 121000248
- Financial Institution Name: Wells Fargo (this will appear after you enter the routing number).
- Account Number (this is a 17-digit number that starts with "772255555" and ends with your eight-digit employee ID number):
7 7 2 2 5 5 5 5 _____
(Example: 77225555512345678).
- Type of Account (drop-down menu): Checking
- Amount per Pay Period (please use the 0.00 format; the "\$" is already included): _____.



To authorize your allotment **by phone**, call PostalEASE, toll-free, at **1-877-477-3273** (1-877-4PS-EASE). You will need your USPS employee ID number and PIN.

- 1 When prompted, select one for PostalEASE.
- 2 When prompted, enter your employee ID number.
- 3 When prompted, please enter your USPS PIN.
- 4 When prompted, press "2" for payroll options.
- 5 When prompted, press "1" for allotments.
- 6 When prompted, press "2" to continue.

- 7 Follow prompts to add a new allotment.
- 8 Use the worksheet to give the appropriate information to set up an allotment for SPAC.

2017 SPAC Contributors



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Johnson, Conrad	FL	Branch 81
Foley, Paul	MA	Branch 120
Geter, John	NC	Branch 183
Amash, Joseph	NY	Branch 83
Konish, Ann	NY	Branch 11
Butts, Ivan	PA	Branch 355

February and March Contributors

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Foley, Paul	MA	Branch 120
Geter, John	NC	Branch 183
Amash, Joseph	NY	Branch 83
Konish, Ann	NY	Branch 11

VP Elite (\$750)

Warden, James	NY	Branch 100
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Shawn, Steve	MD	Branch 403
Pulinski, Leonard	MI	Branch 545
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Roma, Thomas	NY	Branch 68
Bradford, Robert	TX	Branch 203
McCracken, Cindy	WA	Branch 61

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Salmon, James	AZ	Branch 246
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Cherry, Hayes	CA	Branch 466
Evans, Bridget	CA	Branch 159
Goodman, James	CA	Branch 39
Jackson-Kelley, Patricia	CA	Branch 39
Randle, Carol	CA	Branch 39
Walton, Marilyn	CA	Branch 77

Wong, Tom	CA	Branch 127
Pashinski, Myrna	CO	Branch 65
Campbell, Frederick	DC	Branch 135
Gold, Stanley	FL	Branch 146
Rodriguez, William	FL	Branch 146
Strickland, Ann	FL	Branch 146
Moore, Kevin	GA	Branch 281
Ramelb, Laurie	HI	Branch 214
Maxwell, Sherry	IL	Branch 255
Rowel, Cornel	LA	Branch 73
Murphy, Gregory	MA	Branch 102
Trayer, Kevin	MI	Branch 142
Weilep, Laurie	MN	Branch 104
Johnson, Craig	MO	Branch 36
Duffy, James	NY	Branch 85
Williams, Darryl	PA	Branch 554
Aaron, Donna	TN	Branch 97
Cooper, Karen	TX	Branch 124
Elizondo Jr., Jaime	TX	Branch 122
Foster, Debra	TX	Branch 9
Mitchell, Annie	TX	Branch 124
Green Jr., Richard	VA	Branch 98
Reedy, James	WA	Branch 61

Supporter (\$100)

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Gray, Daniel	AZ	Branch 246
Simpson, Pamela	AZ	Branch 246
Benjamin, Evelyn	CA	Branch 198
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Campbell, Stephnia	CA	Branch 159
Gishi, Sharon	CA	Branch 94
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Patterson, Charles	CA	Branch 497
Rahming, Karyn	CA	Branch 77
Rominger, Jackie	CA	Branch 77
Salvador, Michelle	CA	Branch 94
Sutton, Catherine	CA	Branch 373
Swygert, Vontina	CA	Branch 127
Trevena, April	CA	Branch 94
Flaherty, Donna	CO	Branch 65
Kerns, John	CO	Branch 141
Roll, Gary	CO	Branch 65
Douglas, Lisa	CT	Branch 5
Garland, Angela	DE	Branch 909

Gilbert, Belinda	FL	Branch 425
Gonzalez, Ernesto	FL	Branch 406
Greene, Lisa	FL	Branch 406
Lecounte, Michael	FL	Branch 146
Lynn, Patti	FL	Branch 296
Ruckart, Kenneth	FL	Branch 386
Williams, Carolyn	FL	Branch 146
Finley, Roger	GA	Branch 595
Johnson, Sylvia	GA	Branch 595
Smyly, Jose	GA	Branch 82
Wooley, Josephine	GA	Branch 82
Antoque, Paula	HI	Branch 214
Lum, Chuck	HI	Branch 214
Billups, Juanita	IL	Branch 17
Hilliard, Ricky	IL	Branch 489
Levernier, Catherine	IL	Branch 270
Moreno, Luz	IL	Branch 489
Perteet, Cynthia	IL	Branch 541
Pierce, Annette	IL	Branch 255
Pitts, LaNeda	IL	Branch 14
Randle, Kay	IL	Branch 369
Rendleman, Daniel	IL	Branch 255
Smith, Mecki	IL	Branch 369
Toles, Francee	IL	Branch 14
Travis, Bette	IL	Branch 14
Mosley, Monique	IN	Branch 8
Norton, Paul	IN	Branch 8
Ewing, Larry	KS	Branch 52
McCartney, Kelly	KS	Branch 919
Hale, Jenise	KY	Branch 1
Feazell, Albert	LA	Branch 73
Groves, Patricia	MA	Branch 120
Hacker, Patricia	MA	Branch 6
Moreno, Richard	MA	Branch 498
Gramblin, Reginald	MD	Branch 531
Griffin, Troy	MD	Branch 42
Mason Jr., Garland	MD	Branch 592
Wileman, Dotty	MD	Branch 923
Bartlett, Bruce	ME	Branch 96
Hafford, Darrell	ME	Branch 96
O'Neill, Shawn	ME	Branch 96
Bodary, Joseph	MI	Branch 268
Bunch, Kenneth	MI	Branch 23
Hommerson Jr., David	MI	Branch 130
Ice, Marilyn	MI	Branch 23
Krzycki Jr., Kenneth	MI	Branch 508
Pack, Roderick	MI	Branch 23
Taylor, Deborah	MI	Branch 361
Van Norman, Gerald	MI	Branch 130
Moore, Olin	MN	Branch 16
Vance, Julianne	MN	Branch 104

SPAC Scoreboard

Statistics reflect money collected from Jan. 1 to March 27, 2017

National Aggregate:

\$65,744.99

National Per Capita:

\$2.54

Region Aggregate:

1. Southern	\$14,963.74
2. Western	\$14,002.18
3. Eastern	\$13,366.49
4. Central	\$12,478.50
5. Northeast	\$10,934.08

Region Per Capita:

1. Central.....	\$2.84
2. Southern.....	\$2.60
3. Western	\$2.59
4. Eastern	\$2.49
5. Northeast.....	\$2.18

Area Aggregate:

1. Southeast	\$7,099.50
2. Capitol-Atlantic	\$6,337.30
3. Pacific	\$6,296.00
4. New York	\$6,014.88
5. Mideast	\$5,604.99
6. Rocky Mountain.....	\$4,238.99
7. Texas	\$4,199.24
8. Illini	\$4,072.00
9. Michiana	\$3,898.50
10. New England	\$3,876.00
11. Northwest.....	\$3,467.19
12. MINK	\$2,501.00
13. Pioneer	\$2,468.20
14. Central Gulf	\$2,185.00
15. North Central	\$2,007.00
16. Cotton Belt	\$1,480.00

Area Per Capita:

1. Michiana	\$3.68
2. Northwest.....	\$3.36
3. Illini	\$3.19
4. Southeast	\$3.07
5. Central Gulf	\$2.84
6. Rocky Mountain.....	\$2.81
7. Mideast	\$2.50
8. New York	\$2.47
9. Capitol-Atlantic	\$2.44
10. Texas	\$2.38
11. New England	\$2.28
12. North Central	\$2.27
13. Pacific	\$2.19
14. MINK	\$2.12
15. Pioneer.....	\$1.79
16. Cotton Belt.....	\$1.65

State Aggregate:

1. Florida	\$5,872.50
2. New York	\$5,804.08
3. California	\$5,576.00
4. Texas	\$4,199.24
5. Illinois.....	\$4,072.00

State Per Capita:

1. Utah	\$6.88
2. North Dakota	\$5.23
3. Washington.....	\$4.93
4. Hawaii	\$4.74
5. Michigan	\$4.62

Drive for Five

Members by Region:

1. Central.....	81
2. Southern.....	76
3. Western	70
4. Eastern.....	59
5. Northeast.....	49

Aggregate by Region:

1. Central	\$6,524.00
2. Western	\$6,483.00
3. Southern	\$6,041.00
4. Eastern.....	\$4,997.00
5. Northeast	\$3,581.00

Waterman, Melissa	MN	Branch 16
Bollinger, Kathreen	MO	Branch 36
Davis, Lisa	MO	Branch 131
Davis, Pamela	MO	Branch 527
Green, Bart	MO	Branch 36
Petersen, Lisa	MO	Branch 36
Price-Booker, Virginia	MO	Branch 131
Garrett, Donald	MS	Branch 199
Douglas, Karen	NC	Branch 183
Lichtsinn, Cynthia	ND	Branch 937
Caruso, Richard	NE	Branch 10
Goedeken, Carrie	NE	Branch 10
Jahn, Shirley	NE	Branch 64
Newman, Edward	NE	Branch 10
Carmody, Russell	NJ	Branch 74
Dallojacono, Anthony	NJ	Branch 568
Dennis Jr., Edward	NJ	Branch 53
McKiernan, Michael	NJ	Branch 74
Rutter, Gary	NJ	Branch 74
Santiago, Jose	NJ	Branch 538
Timothy, Pat	NJ	Branch 548
Walton, Irma	NJ	Branch 75
Maggart, Charles	NM	Branch 295
Pixley, George	NV	Branch 249

Did you know that, during the 2017 LTS, NAPS members raised over \$29,000 for SPAC? Money was donated through one-time payments, as well as continuous giving via payroll and retirement annuity deductions. SPAC donations are voluntary; no SPAC money comes from NAPS membership dues. Because of your generosity to SPAC, NAPS' voice will continue to be heard on Capitol Hill. Thank you! If you have questions about SPAC, please contact SPAC Manager Katie Maddocks at naps.km@naps.org or 703-836-9660.

Blakney, Robert	NY	Branch 336
Burke, Terriann	NY	Branch 11
Englerth, Scott	NY	Branch 11
Evans, Darius	NY	Branch 85
Krempa, Keith	NY	Branch 27
Middleton, Isaac	NY	Branch 68
Puccio, James	NY	Branch 100
Burgasser, Ted	OH	Branch 29

Continued on page 60

SPAC

Contribution Form

Aggregate contributions made in a calendar year correspond with these donor levels:

- \$1,000**—President's Ultimate SPAC
- \$750**—VP Elite
- \$500**—Secretary's Roundtable
- \$250**—Chairman's Club
- \$100**—Supporter

Current as of February 2017

Federal regulations prohibit SPAC contributions by branch check or branch credit card.

Mail to:
 SPAC
 1727 KING ST STE 400
 ALEXANDRIA VA 22314-2753

Contribution Amount \$ _____ Branch # _____

Name _____

Home Address/PO Box _____

City _____ State _____

ZIP+4 _____ Date _____

Employee ID Number (EIN) or
 Civil Service Annuitant (CSA) Number _____

Enclosed is my voluntary contribution to SPAC by one of the following methods:

Check or money order made payable to SPAC; *do not send cash*

Credit card (*circle one*): Visa American Express MasterCard Discover

Card number _____

Security code (three- or four- digit number on back of card) _____

Card expiration date: ____ / ____

Signature (required for credit card charges) _____

In-Kind Donation (e.g., gift card, baseball tickets):

Describe gift _____ Value _____

All contributions to the Supervisors' Political Action Committee (SPAC) are voluntary, have no bearing on NAPS membership status and are unrelated to NAPS membership dues. There is no obligation to contribute to SPAC and no penalty for choosing not to contribute. Only NAPS members and family members living in their households may contribute to SPAC. Contributions to SPAC are limited to \$5,000 per individual in a calendar year. Contributions to SPAC are not tax-deductible.



OPM Contributions to SPAC (for Retired Postal Supervisors)

Below are step-by-step instructions for making an allotment to SPAC through your OPM retirement allotment, using either OPM's telephone-based account management system or the online "Services Online" portal.

Please note: The amount you key in will be your *monthly* allotment to SPAC. The start of your allotment will depend on the time of the month it was requested. If you make your request during the first two weeks of the month, expect the withholding to take place the first of the following month. If the allotment is requested after the first two weeks of the month, the change will take place the second month after the request.

By Internet:

To sign up online, go to the OPM website at www.servicesonline.opm.gov, then:

- Enter your CSA number and PIN, and log in.
- Click on "Allotments to Organizations," and then select "Start" to begin a new allotment.
- Click on "Choose an Organization."
- Select "National Association of Postal Supervisors (SPAC)."
- Enter the amount of your monthly contribution and then click "Save."

By telephone:

- Dial **1-888-767-6738**, the toll-free number for the Office of Personnel Management (OPM)'s Interactive Voice Response (IVR) telephone system.
- Have your CSA number and Personal Identification Number (PIN) on hand when you call. You may speak to an OPM customer service representative or you may use the automated system.
- Simply follow the prompts provided in the telephone system.



Representing and Defending NAPS Members: A How-to Primer

By Dan Rendleman

I'm now retired, but I have more than 20-plus years representing fellow NAPS members. As such, please allow me to share a few practical tips when it comes to being a good NAPS representative.



1. Dress sharply; first impressions count. You have the option between the I-slept-in-my-clothes look or wearing a professional, pressed outfit. In order to make a good impression, I recommend the latter.

2. Attitude matters. Don't telegraph "my dog is bigger than yours."

It isn't. Postal management has the power to settle or not to settle. A proper attitude helps level the playing field.

3. When taking an appeal to the next level, knowing how and when to be charming is beneficial. Make personal small talk. Learn the little things, such as the names of the manager's children, their hobbies, college attended, military service and more. The goal is to be liked while earning mutual respect.

4. Think of yourself as a salesperson. Your product is your client's case and your client's best interest is

what matters. A good salesperson is a likable person. That, coupled with being thoroughly prepared, will greatly enhance the chances of winning. We've all known bad sales reps; our members deserve only the best.

5. A quick word about being professional and courteous: Win, lose or draw, conducting ourselves in a professional and courteous manner is who and what we are. And, most importantly, that is what we owe our fellow NAPS members.

Happily retired ...
danrendleman@gmail.com

Dan Rendleman is a former Illini Area vice president.

"How To" with the TSP

Planning for retirement can be a challenge, but making basic changes to your TSP account should be easy. Keep reading to learn "How To" with the TSP.

How to Change Your Contribution Amount

Your "contribution amount" is how much you contribute to your TSP account from your basic pay each pay period. You cannot change your contribution amount directly with us.

To change your contribution amount, log into your agency's or service's electronic payroll system (Employee Express, myPay, LifeBlue, EBIS, or NFC IPP, for example), and select the Thrift Savings Plan option. You can also complete Form TSP-1, *Election Form*, or TSP-U-1 for uniformed services, and return it to your agency or service.

TSP Tip: If you're covered by the Federal Employees Retirement System (FERS) and aren't contributing at least 5% to your TSP account, you are missing out on free money. On top of your salary, your agency will contribute up to 5% of your pay to your TSP account with each paycheck. But you only get the full amount if you contribute at least 5% every pay period as well. Visit tsp.gov/takeFIVE to learn more.

How to Interpret Your Investments' Performance

Our core funds are designed to match the performance of certain benchmark indexes¹ and, for the past 10 years, thanks to our low fees and expenses, our funds have outperformed these benchmarks.

	G Fund	F Fund	C Fund	S Fund	I Fund
Description of Investments	Government securities (specially issued to the TSP)	Government, corporate and mortgage-backed bonds	Stocks of large- and medium-sized U.S. companies	Stocks of small- to medium-sized U.S. companies not included in the C Fund	International stocks from more than 20 developed countries
Objective of Fund	Interest income without risk of loss of principle	To match the performance of the Bloomberg Barclays U.S. Aggregate Bond Index	To match the performance of the Standard & Poor's 500 (S&P 500) Stock Index	To match the performance of the Dow Jones U.S. Completion TSM Index	To match the performance of the MSCI EAFE (Europe, Australasia, Far East) Index

¹ Most of our core funds have a benchmark that they track. For example: Our C Fund, which contains stocks of large- and medium-sized U.S. companies, aims to match the performance of the Standard & Poor's 500 Stock Index.



Ways to Positively Influence Others

Submitted by the USPS Employee Assistance Program

We all have ways in which we influence others. Think about all the people who have been influences in your life—who supported you and taught you how to become a better person. Some of them have affected your life in a very positive way; you would not be who you are today if not for them. It could be someone who believed in you or guided you on a different path or said something that made you become more aware of your inner thoughts.

Positive influence is different than having or not having power. Most of the peo-

ple who have the strongest influence in our lives have little or no power, but simply take time to pay attention to us and help us to take the path that helps become our best. People who have positive influences can change the course of people's lives for the better.

You, too, can learn to influence people in a more positive way. The first step is to examine your communication style. Some of us are quiet, relaxed and find it difficult to speak up. Others are more direct and somewhat dominant in relationships. If you don't communicate well, you will

struggle to help someone become the best they can be.

When people have a passive communication style, they may give away their influence in order to be liked; they may feel uncomfortable making waves or drawing attention to themselves. They tend to hold inward their feelings and thoughts and may avoid expressing their opinions or feelings. They may even have trouble identifying their own needs. Very often, these individuals have low self-esteem.

Because passive persons want to be liked, others may take advantage of them and their kindness. They can allow emotions and annoyances to mount and then have explosive

outbursts that may result in feelings of shame and guilt. They often fail to assert themselves or fail to express their feelings, needs or opinions. They usually exhibit passive body language, such as poor eye contact.

Passive persons may feel anxious because life seems out of their control. Their realm of influence on other people usually is not measurable because of their lack of ability to assert themselves in a positive way.

On the opposite end of the spectrum are people who express their feelings and opinions in a way that can violate the rights of others in a verbally aggressive way. They come across as domineering and critical of others. They often have a

poor tolerance for frustration and are loud and demanding. These individuals also may suffer from poor self-esteem, often caused by unhealed emotional wounds and feelings of powerlessness.

They have difficulty in relationships and are not always well-liked. They may have power in a relationship, but not positive influence, because people dislike interacting with them. Aggressive people such as this usually make people frustrated and fearful, not better.

The truth of the matter is neither communication style influences other people in a positive way at home or at work. The best way to influence other people is by develop-

NAPS Training Calendar

Texas Area Training

April 21-22, 2017

Conducted by: Texas Area VP Jaime Elizondo

Location: Doubletree Downtown, 502 W. Cesar E. Chavez, San Antonio, TX 78207; (210) 224-7155

Hotel Rate: \$135; includes one breakfast buffet per room per day; free Internet and parking.

Registration Fee: \$35 for installation lunch (payable to NAPS Branch 103)

Training Topics: Officer training, representation, *ELM* 650, retirement

Instructors: Dillard Financial, JFK3 Consulting and Texas Area VP Jaime Elizondo

Illini Area Training

April 27-29, 2017

In conjunction with the Illinois State Convention

Conducted by: Illini Area VP Luz Moreno

Location: Embassy Suites Peoria Riverfront Hotel & Conference Center, 100 Conference Center Dr., East Peoria, IL 61611; (309) 694-0200

Hotel Rate: \$145, single/double; \$155, triple

Registration Fee: Free for Illini Area members; \$50 for others

Training Topics: Advocacy, among others

Instructors: Illini Area VP Luz Moreno and Michiana Area VP Kevin Trayer

Pioneer Area Training

May 18-20, 2017

In conjunction with the Pioneer Area Convention

Conducted by: Pioneer Area VP Tim Needham

Location: Tropicana Evansville Hotel, 421 NW Riverside Dr., Evansville, IN 47708; (812) 433-4000

Hotel Rate: \$99 plus tax

Training Topic: Leadership

Instructor: Former Capitol-Atlantic Area VP John Geter

New England Area Training

May 18-21, 2017

In conjunction with the New England Convention

Conducted by: New England Area VP Greg Murphy

Location: Red Jacket Mountain View Resort, 2251 White Mountain Highway North, Conway, NH 03860; (603) 356-7816, ext. 504

Hotel Rate: \$571/single, \$688/double; includes breakfast buffet each morning and lunch and dinner buffets on Friday.

Registration Fee: \$75

Training Topics: Mediation hearings, Medicare integration and district breakouts

Instructors: Paul Chabot and Jay Killackey. Direct questions to Greg Murphy, newengareavp@gmail.com.

Michiana Area Training

June 8-10, 2017

In conjunction with the Michigan/Indiana Convention

Conducted by: Michiana Area VP Kevin Trayer

Location: Atheneium Suite Hotel, 1000 Brush St., Detroit, MI 48226; (313) 962-2323

Midwest Area Training

June 8-10, 2017

In conjunction with the Pennsylvania State Convention

Conducted by: Hans Aglidian; (610) 521-2625

Location: Red Lion Hotel, 4751 Lindle Rd., Harrisburg, PA 17111; (717) 939-7841

Hotel Rate: \$99 plus tax

Training Topics: Adverse action and medication

Instructors: Jack Schofield, federal mediator

Midwest Area Training

June 25-27, 2017

In conjunction with the New Jersey State Convention

Conducted by: Hans Aglidian; (610) 521-2625

Location: Resorts Casino Hotel, 1133 Boardwalk, Atlantic City, NJ 08401; (844) 517-9481

Hotel Rate: \$62/\$72 plus tax

Topic: Adverse Action

Instructor: Charlie Scialla, Scialla Associates

ing good communication skills, self-confidence, respect for others and an interpersonal style that includes development of the following:

Communication skills—

Influential people can communicate honestly, but with kindness. They speak in a language easy to understand. Their voices are calm and controlled and they get their point across without being harsh.

Self-confidence—

The belief and trust in oneself and that one person can make a difference in any given situation. Someone who can influence people in a positive way usually has self-confidence and helps others feel confident, as well.

Respect—

By having respect for themselves, others and their surroundings, they avoid judgment and have an appreciation for others' differences.

Assertiveness—

An assertive person who has confidence in themselves also believes in other people. Assertive people are good at stating their needs and wants clearly. They are appropriate and respectful of other people. Positive communication and respect are the keys to assertiveness. Learning how to communicate with respect for others and how to listen well and to avoid using "I" statements are skills to help a person become more assertive.

This also means assertive people will not let other people manipulate or use them. However, an assertive person can express negative feelings without guilt and stand up for their own rights. They feel connected to other people.

Listening skills—

People who are best at influencing others in a positive way can listen and learn from other people. Active listening allows

you to fully receive a message or information from other people. Active listeners also ask questions to gain more insight into what is being said and typically are good listeners. When you listen, you truly can better understand another person.

Positive body language—Body language is one of the best ways we communicate, but often is the one to which we pay the least attention. Body language speaks volumes. Influential communicators can make a great deal of difference just by practicing calm body language through eye contact, posture and, generally, more than the words they use. Non-verbal communication, or body language, cues others as to what is in your mind sometimes even more than your words or voice can show. Positive influencers typically demonstrate a relaxed and calm body language.

Honesty—People who influence others are honest; they don't deceive or lie to people to get what they want. They express facts without becoming hurtful.

Keeping their word—A person

who is good at influencing others in a positive way will keep their word. If they say that they will do something, they do it.

Knowing themselves—The best influencers are not afraid to be themselves. People can sense when someone is just acting or not being sincere. They encourage others to be themselves, too.

Knowing how to say "no"—Learn that the word "no" is a complete sentence. People who influence others in a good way know that setting limits with other people is assertive and positive. They set clear and consistent boundaries will not allow themselves to be used.

Allowing people to be themselves—They know they don't have to fix everything. Sometimes, people need to do an activity their own way. They can give a critique without being critical.

Letting some things go—Influential people don't focus on every little detail. They look at a broader picture and focus on the end result.

Helping others become the best they can be—This involves showing

NAPS 2017 State Conventions

Dates	State(s)	Location
May 11-13	MINK Area	Omaha Marriott, Omaha, NE
May 18-20	Pioneer Area	Tropicana Casino/Hotel, Evansville, IL
May 18-20	Wisconsin	Chula Vista Resort, Wisconsin Dells
May 18-20	New York	Villa Roma, Callicoon
May 18-21	New England Area	Red Jacket Inn, Conway, NH
June 1-4	Capitol-Atlantic Area	Westin Hotel, Virginia Beach, VA
June 2-4	Minnesota	Fair Hills Resort, Detroit Lakes
June 7-11	FL/GA	Embassy Suites, Savannah Airport, Savannah, GA
June 8-10	Michigan/Indiana	Atheneum Suite and Hotel Conference Center, Detroit
June 8-11	Pennsylvania	Red Lion Hotel, Harrisburg
June 15-17	AL/LA/MS	Evangeline Downs Hotel, Opelousas, LA
June 23-25	Texas	Downtown DoubleTree, San Antonio
June 25-27	New Jersey	Resorts Hotel and Casino, Atlantic City
July 8-9	Hawaii	TBD

Please report state convention dates to NAPS Headquarters as soon as they are known.

trust and belief in other people, seeing the best in others and pointing out the wonderful things they see.

A person who helps others be their best will help steer others in a positive direction. They can see an individual's skills and strengths and help cultivate these strengths at a pace comfortable for the other person.

People can have great influence on others even if they have no formal position of power. They can lead others in a positive way and help



rally positive changes. They can inspire others just by their words, action or deeds. People who do this can persuade other people to accomplish tasks.

People want to help them and do things for them because of who they are.

They seem to be able to get along with just about anyone and, generally, are upbeat and positive. Think about people who have been a great influence in your life—maybe a teacher, co-worker,

friend or mentor—and work to become like them.

If you want to develop your skills in influencing other, give the EAP a call. An EAP counselor can provide coaching and support to guide you to become the best you can be. The free and confidential coaching services offered are a great resource to help you work on these and other skills to have a greater and more positive influence on others. The EAP can be reached 24 hours a day, seven days a week, at 800-327-4968 (TTY: 877-492-7341). You also can read more at www.EAP4YOU.com.

2017 SPAC Contributors

Continued from page 54

Laster, Jacshica	OH	Branch 46
Mayes, Sean	OH	Branch 29
Mulidore, Chuck	OH	Branch 133
Needham, Timothy	OH	Branch 133
Paige, Lillie	OH	Branch 46
Smith, Ronald	OH	Branch 46
Shelburne, Sarah	OR	Branch 66
Keefe, Laura	PA	Branch 112
Lach, Joe	PA	Branch 20
Lehman, Jason	PA	Branch 554
Shertz, Mary	PA	Branch 12
Smith, Robert	PA	Branch 35
Cabrera, Antonio	PR	Branch 216
Holt, Brian	RI	Branch 105
Croswell, Darnel	SC	Branch 225
Magnuson, Sonny	SD	Branch 946
Bowen, Randy	TN	Branch 97
Brooks, Lamarcus	TN	Branch 41
Cattron, Patricia	TN	Branch 555
Green, Shri	TN	Branch 41
Austin, Jessie	TX	Branch 122
Clark Jr., Bobby	TX	Branch 124
Fletcher, Mae	TX	Branch 9
Hill, Earnest	TX	Branch 122
Jones, Cathey	TX	Branch 86
Lomba, John	TX	Branch 103
Longoria, Richard	TX	Branch 229
McCloud, Regina	TX	Branch 589
Archer, Sylvia	VA	Branch 98

Butler, Phillip	VA	Branch 98
Hubbard, Jim	VA	Branch 22
Jacobs, Charles	VA	Branch 132
Mott III, George	VA	Branch 132
Gruetzmacher, Bjoern	WA	Branch 61
Johnson, Stanley	WA	Branch 60
Krogh, Charlie	WA	Branch 31
Moore, Kristina	WA	Branch 60
Joers, Julie	WI	Branch 72
McComas, Christina	WV	Branch 212

Drive for Five Earned in February and March

Gavin, Angela	CA	Branch 159
McPhee-Johnson, Tayloria	FL	Branch 146
Misiuk, Melanie	FL	Branch 321
Mullins, Kym	FL	Branch 81
Murray, Donald	FL	Branch 93
Riley, Kenneth	FL	Branch 478
Gomez, Robert	GA	Branch 125
Green, Bart	MO	Branch 36
Warren, Anitra	MO	Branch 36
Turner, Linda	MS	Branch 199
McLaughlin, Deborah	NC	Branch 183
Lichtsinn, Cynthia	ND	Branch 937
Phillips, Austin	NJ	Branch 224
Dopp, Colleen	NY	Branch 27
Jennings, Austin	WA	Branch 61
Krogh, Charlie	WA	Branch 31
Simmons, Brandi	WA	Branch 213

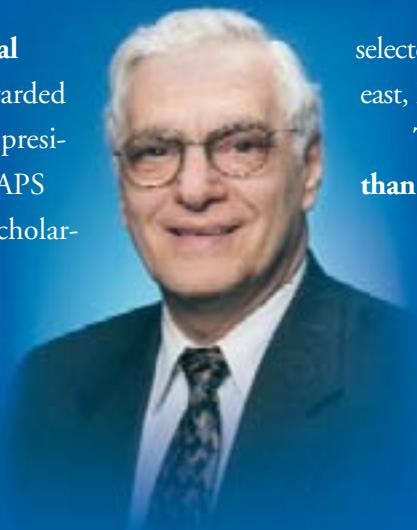
National Association of Postal Supervisors Vince Palladino Memorial Student Scholarships

2017 Official Application Form

The **Vince Palladino Memorial Student Scholarships** are awarded in memory of the late NAPS president and honor his dedication to NAPS members and their families. These scholarships are sponsored solely by NAPS.

Applicants for this scholarship must be the children or grandchildren of a living NAPS member, active or associate, at the time of drawing. Furthermore, the children or grandchildren must be attending or have been accepted by an accredited two- or four-year college or university.

NAPS will award 10 \$1,000 **Vince Palladino Memorial Student Scholarships**. Two winners will be randomly



selected from each of the NAPS regional areas (North-east, Eastern, Central, Southern and Western).

This application must be received no later than July 31, 2017, at the address provided below.

Scholarship winners will be announced in August. In addition, the scholarship winners will be listed in the October 2017 issue of *The Postal Supervisor*.

Members whose child or grandchild have been awarded a **Vince Palladino Memorial Student Scholarship** will receive a check, payable to the college or university listed in the application, in October 2017. Scholarships may be used to pay expenses in the student's current or following semester.

deadline: July 31, 2017

Student's name (please PRINT legibly)

Major course of study

Name of accredited two- or four-year college or university attended or will be attending

City and state of the college or university

NAPS member's name

NAPS member's branch number

Student's relationship to NAPS member (son, granddaughter, etc.)

NAPS member's PO box/street address

City

State

ZIP+4

**Applications must
be received at
NAPS Headquarters
no later than
July 31, 2017**

Please mail completed application to **NAPS Scholarships, Attn: Chuck Mulidore, Secretary/Treasurer, 1727 King St., Suite 400, Alexandria, VA 22314-2753**. Thank you.

PERF Offers a Helping Hand



From tornadoes to floods and winter storms, many parts of the nation are experiencing extreme weather. The Postal Service is reminding employees they can turn to the Postal Employees Relief Fund (PERF). The fund helps postal employees and retirees whose homes were significantly damaged by natural disasters or house fires.

PERF is not an emergency relief or immediate needs replacement agency, such as the Federal Emergency Management Agency (FEMA) or the Red Cross or insurance companies that are paid to replace property. Rather, PERF (part of the Combined Federal Campaign) provides relief grants to help qualifying individuals get

re-established after a loss, based on an application process.

To help employees and family members cope with a variety of situations—whether a life-altering disaster or changes at work and other more routine issues—the Employee Assistance Program (EAP) is available 24 hours a day, seven days a week, online or by phone: www.EAP4YOU.com; 800-327-4968 (TTY: 877-492-7341).

As winter continues, employees may visit the National Preparedness site on Blue for information on emergency plans for work and home. There also are tips to prepare for severe winter weather at ready.gov.

Notes

from the National Auxiliary

Why Am I Involved?

By **Christine Szpyhulsky**

Northeast Region Vice President

As the Auxiliary's newly installed Northeast Region vice president, I want to let you know how and why I became involved. It started a long time ago when my husband became a member of NAPS. I would attend meetings on and off, but, like most spouses who also worked, I really didn't have the time to get involved.

As time went on and my husband got more involved with NAPS, first as secretary to the local branch and then as secretary to the New Jersey State Branch and going to all the state conventions and most of the national conventions, I felt part of another family. Once I retired and had more time, I decided to get more involved. Why should my husband have all the fun?

Kathy Towns, our New Jersey Auxiliary president, asked me to become a vice president; I accepted. At the 2016 National Convention, I was asked to run for Northeast Region vice president; I accepted.

Then, the real fun began. We attended branch meetings, helped at the state conventions, organized fundraisers, raised money for SPAC and helped and supported the organization with its legislative issues.

I became more and more involved by going to meetings and learning what the organization did or attempted to accomplish through advocating for its legislative issues. The reason I became involved is because I learned we need

to help protect our spouses' jobs and retirement benefits. Because my husband and I are both retired, I learned that retirement benefits always are under attack from Congress and the USPS. I wanted to help the organization make sure

none of these benefits for active workers and those retired do not get eroded.


Our 2017 LTS was a success and our congressional representatives know and understand our views regarding H.R.756, the postal reform legisla-

tion approved by the House Oversight and Government Reform Committee. With spring in full bloom and state conventions convening, now is the time to attend with your spouse and help out wherever there is a need.

Be sure to attend and enjoy your state conventions; have a safe summer.

cszpyhulsk@aol.com





On the Move?

Have you moved or are planning a move? Let NAPS know, too!

Keeping your mailing address current at NAPS Headquarters helps us keep *The Postal Supervisor* coming to you without interruption and avoid unnecessary "Address Service Requested" charges.

Please let us know your new address and its effective date as soon as you know it. Address changes may be mailed to NAPS at 1727 King St., Suite 400, Alexandria, VA 22314-2753, or faxed to (703) 836-9665.

National Auxiliary Executive Board

National Officers

Patricia Jackson-Kelley

President

(323) 752-6252; geekell@aol.com

Bonita R. Atkins

Secretary

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Rick Hall

Treasurer

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Sharon Mathews

Immediate Past President

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Christine Szpyhulsky

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Beverly Austin

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Lee Leopold

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Cathy Towns

Mideast Area

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Skip Corley

Capitol-Atlantic Area

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Linda Rendleman

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Mary Caruso

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Jane Finley

Southeast Area

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Willie Carter

Central Gulf Area

(205) 919-5645; wewolf65@yahoo.com

Felecia Hill

Texas Area

(281) 880-9856; fah91@sbcglobal.net

May Nazareno

Pacific Area

(415) 312-5813; mayumibarrion@gmail.com

Areas vacant: New England, Pioneer, Michiana, North Central, Cotton Belt, Northwest, Rocky Mountain.

What Makes Your NAPS Membership Even Better?



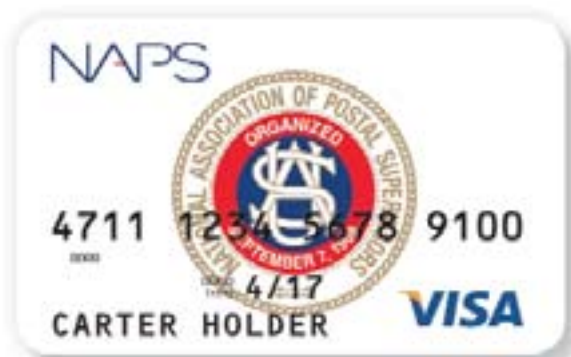
It Qualifies You To Join Signature FCU Where Hundreds Of Other NAPS Members Already Bank

Open your Signature FCU account and you too can take advantage of products and services like:

- **A unique NAPS Platinum VISA® credit card** with great features that include rates as low as 8.90% APR¹ and no annual fee. Help yourself while you help your great organization. NAPS will share in the interest earned on these unique VISA® cards.
- **Low interest rate loans** for vehicles, motorcycles, personal loans and more.
- **Access all of your accounts 24/7 on our mobile app or online.** Need to know where to bank locally? Visit our website and key in your zip code to see the list of shared branches and FREE ATMs in your area.
- **All your family and friends are eligible to join Signature FCU**

Joining is fast and easy. Just fill out the membership application located in this magazine and return in the postage-paid envelope, or join online. It only takes a \$5 deposit to become a member. Visit signaturefcu.org/naps or call (800) 336.0284.

¹APR = Annual Percentage Rate. Your actual APR will be determined at the time of application and will be based on your application and credit information. Not all applicants will qualify for the lowest rate. Rates quoted assume excellent borrower credit history. Rates are set by the Board of Directors and may change without notice.



Signature
FEDERAL CREDIT UNION

Seeing things differently!



Federally Insured
by NCUA