

NAPS OF NOTE

NATIONAL ASSOCIATION OF POSTAL SUPERVISORS

BRANCH 16

PO BOX 580333

MINNEAPOLIS, MN 55458

Published Six Times Per Year



November 2019

Branch 16 President's Report:

A message from Branch 16 President Terri Newcomb-Evans

Greetings Fellow NAPS Members,

I would like to extend a personal welcome to all of our new members and I am looking forward to seeing you at the next business meeting. Our meetings are where you will get the latest information on Post Reform, NAPS suing the USPS, networking with your peers and information on issues within the Postal Service that affects our jobs. We meet at Elsie's located at 729 Marshall St NE, Minneapolis, MN 55413. Your meal is complimentary up to \$15.00.

2020 will be a busy year for NAPS members starting in March with a group heading out to Washington, DC to talk with our members of Congress to advocate on behalf of EAS-level postal employees and the Postal Service. June will be the State Convention which will be hosted at Fair Hills Resort. August is the National Convention which will be in Grapevine, Texas. If you are interested in attending any of these events, please come to a meeting to learn more.

Peak Season is upon us! Please make sure your team has everything they need to be successful and safe. Do your early morning runners have high-reflective vests? Does everyone have a head lamp and snow cleats? Hand and Feet warmers? Please remind your new carriers to bring dry socks to switch into during the day to keep their feet happy and healthy. Also remind them that dehydration happens in the winter, too, when the body's thirst response is diminished by up to 40 percent. In cold weather, we lose more fluids through respiratory water loss. For example, when you can see your own breath, that's actually water vapor that your body is losing. The colder the temperature and the more intense the exercise, the more vapor you lose when you breathe.

In Solidarity,

Terri Newcomb-Evans



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All Members Welcome!

Next Meeting

Thursday, November 21, 2019

Elsie's Bowling Center

729 Marshall St. NE

Minneapolis, MN 55413

Social Hour: 6:00-7:00 PM

Meeting: 7:00-8:00 PM

NEXT MEETING REMINDER!

**Thursday, November 21, 2019 at
Elsie's Bowling Center
729 Marshall St. NE
Minneapolis, MN 55413
Social Hour: 6:00-7:00 PM
Meeting: 7:00-8:00 PM**



State President's Report

Lonnie Lincoln

NAPS Minnesota State Branch 926 President

This begins a busy time of the year and many people feel stressed throughout the next couple of months. The article in the Postal Supervisor is very timely and I felt it is import to share with our members again in this newsletter (reprinted in part on the back page).

Northland just received its 2nd EAP counselor to staff the EAP office in the Saint Paul Plant. I encourage you to take advantage of this free service the Post Office provides to us and check out www.EAP4YOU.com for all the services EAP has to offer.

Respectfully,

Lonnie Lincoln
President,
MN Branch 926

800-327-4968 | 800-EAP-4YOU
877-492-7341 (TTY)

Future Meetings NAPS Branch 16:

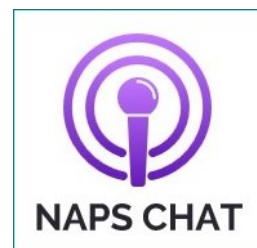
6:00 PM Social Hour
7:00 PM Meeting
Elsie's Bowling Alley
729 Marshall St NE
Minneapolis, MN 55413

- ♦ November 21, 2019
- ♦ January 15, 2020
- ♦ March 19, 2020
- ♦ May 21, 2020
- ♦ June 12/13/14, 2020 (Fair Hills Resort)
- ♦ July 16, 2020
- ♦ September 2020 (Golf & Steak Fry)
- ♦ November 19, 2020



NAPS Chat is a weekly podcast intended to inform NAPS members about the latest legislative and political goings-on within our nation's capital. Hosted by NAPS Director of Legislative and Political Affairs Bob Levi.

Check out NAPS Chat!
--www.naps.org



www.naps.org Objective

The objective of the Association shall be to promote, through appropriate and effective action, the welfare of its members, and to cooperate with the USPS and other agencies of the federal government in a continuing effort to improve the service, to raise the standard of efficiency, and to widen the field of opportunity for its members who make the Postal Service or the federal government their life work.

Legislative Report

Curt O'Donnell
Legislative Representative



Here are a few updates on supported legislation. Since May and the summer break there has not been any real movement of legislation. As noted below, here are some of the bills introduced and sent to committee not to be heard from since. All eyes and ears are on impeachment and who will be the Democratic candidate.

HR 2553 referred to committee on 5/7/2019

H.R. 2517 referred to committee 5/31/2019

H.R. 2382 referred to committee 4/31/2019

S.Res. 99 referred to committee 3/7/2019

H.R. 1 Ten votes but no action since 3/14/2019 when referred to committee.

Curt O'Donnell

NAPS Board 2019

OFFICERS

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EXECUTIVE BOARD

Curt O'Donnell
Derek Hazen
Gina Hellermann
Mark Peterson
Mark Schannauer
Valerie Vasquez-Elms

NAPS members must attend three or more board meetings during the year in order to meet the qualification requirement for *Officer* and *Executive Board* nomination. Elections are held every January. All NAPS members are strongly encouraged to attend and take part in the decision-making process.

Minneapolis Social & Recreation Committee

Ticket Orders Due by Monday, December 2nd

This year's show is "Cinderella" and will be performed at the Sidekick Theater in Bloomington. Tickets are \$15/ea. Easy to get to, east to park! (Age 0-2 free, Children 3-12, Adults 13+). Send check payable to Mpls Soc & Rec Comm along with self-addressed, postage-paid envelope to: Holiday Show, Soc & Rec Comm, PO Box 582844, Minneapolis, MN 55458.

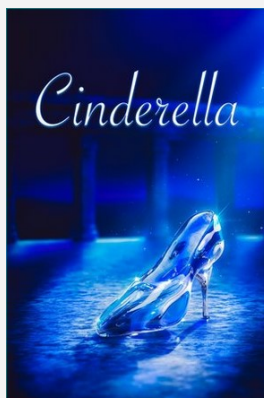
Day of Show:

Sunday, December 8, 2019, 11:00 a.m.

This joyous, magical musical based on the beloved fairy tale touches the heart - with lots of laughs, audience participation and lovable characters along the way! Intended for youngsters of all ages, it's the perfect story for the holiday season.

"Captivating, delightful and funny... guaranteed to put children into a festive mood." - Star Tribune

Running time: 65 minutes.



Newsletter Editor

Ken Gardner

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Managing Stress Through Times of Change

From the Nov 2019 edition of *The Postal Supervisor*

Submitted by the USPS Employee Assistance Program (edited for length)

How many times have we heard, “The only constant in life is change?” Yet, many of us are caught off guard when a change event occurs. Human beings are creatures of habit; change brings about the need to grow, leave our previous comfort zones and do things differently. We must learn new information, master new skills and navigate new processes and ways to adapt to change. Few of us welcome change because change usually is accompanied by stress. Many believe that unplanned changes or changes not in our control create stress. That’s not always the case, though. It’s important to note that even positive, planned and welcomed changes can be stressful, such as the birth of a child, the purchase of a new home or car or even getting that promotion toward which you have been working. Why is it even important to manage stress? Because stress can have negative impact on our bodies. According to Mental Health America, stress can cause emotional and physical reactions in the body:

Emotional Reactions: Headaches, Feelings of despair, Lack of energy, Nervousness, Anger, Irritability. **Mental Health Reactions:** Panic attacks, Anxiety, Depression, Post traumatic stress, Impulse control issues, Insomnia. **Physical Reactions:** Rise in blood pressure, High cholesterol, Heart attack, Weight gain, Digestive issues, Heartburn.

Some of the best ways to be prepared for changes, especially unwelcome ones, are to get back to the basics of self-care. Self-care involves being proactive about taking care of yourself; for example, making sure you get enough restful sleep. Some tips for restful sleep are to have a set sleeping schedule, make sure your bed is comfortable and limit television watching to end two hours before sleeping. Research indicates the blue light from screens disturbs sleep cycles, also known as circadian rhythms. Another idea for self-care is to eat a well-balanced diet—one that typically includes fruits, vegetables, lean meats and protein and is tailored to your specific dietary needs and restrictions. Incorporating exercise also is a part of self-care.

Physical activity helps release the effects of stress hormones that help balance your mood. According to the Mayo Clinic, “physical activity helps bump up the production of your brain’s feel-good neurotransmitters, called endorphins.” Choose an activity that you enjoy doing and make time for it a few times a week. Biking, walking, running, hiking, yoga, Pilates, Zumba, dancing, weight-lifting, swimming and more are great physical activities. Having a group activity in which to participate also may give you an additional support system of workout buddies. Self-care does not have to be complicated; simply taking breaks from your daily routine can work wonders. Practicing mindfulness can help center your central nervous system. Sara Lazar and her team at Harvard found that mindfulness meditation can actually change the structure of the brain.

Therefore, managing stress, whether by reducing overall stress or its impact on your life, can help protect not only your physical and mental health, but also your happiness and your family’s happiness. The first step toward stress management is acceptance. Accept that the process may be cumbersome and you may need help along the way. This is the time to take stock of your support system(s). A support system is defined as “a network of people who provide an individual with practical or emotional support.” What does your support network look like? Who do you go to first for support? And, if that person or system is not available, where do you go next? Is there additional support you can add to your portfolio?

The USPS Employee Assistance Program (EAP) can help you create an environment at home and work to help make this process more manageable. You can customize EAP options to suit your individual needs. For example, you may choose telephonic or video counseling with an EAP clinician or text/Skype therapy through TalkSpace. Maybe you already have a goal or two in mind and just need some life coaching. To explore more options of what services are available, contact **USPS EAP at 1-800-EAP-4YOU**, or 1-800-327-4968, TTY 877-492-7341, or go to www.EAP4YOU.com.