

Sister 2 Sister

“A Feminine touch of Progress”

NPMHU Local 300 Women’s Caucus

March 2017

Lucy Lombardo Chair/Editor

TRAILBLAZERS OF OUR UNION

Throughout our nation’s history, women have played a significant role in unions. Their courage, fighting spirit and contributions have changed the Labor Movement. Women have helped shape our society and inspire us to this day. In 1830’s the Lowell Mill Women created the first Union of Working Women. It is better known as the mass movement for worker’s rights in the United States. The Lowell Mill Women organized went on strike and mobilized in politics when women couldn’t even vote– the first union of working women in American history. In 1866 newly freed black women, working as laundresses in Jackson, Mississippi form a union and strike for higher wages. In the summer of 1881 thousands of black laundresses went on strike in Atlanta known as Atlanta’s Washer Women Strike. These women went on strike for higher wages, respect and control over how their work was organized. These women were known as the “Trailblazing Washerwomen of 1881”. In the early 1900’s most people believed women should stay home. Some also believed women were just surplus labor, however 1 in 34 women belonged to a union. In 1911 the Triangle Shirtwaist Fire which claimed 146 lives of female garment workers, turning a spotlight on unsafe labor practices. Mostly immigrants, still in their teens were a powerful force for change. They brought together women’s rights activism and union power and ignited changes for worker safety laws. In 1930’s Mary Harris Jones known as “Mother Jones” leads a 125 mile march of child workers to bring evils of child labor to the attention of the President and the national press. “Mother Jones” was one of the greatest union leaders of her era. In 1941 during World War II, 7 million women became industrial workers while husbands were away at war. “Rosie the Riveters” became an iconic figure of women who worked in factories and shipyards. “Rosie the Riveters” was a symbol of strength and inspiration to all women presently today.

Looking at the National Postal Mail Handlers Union and it’s history, we can definitely see more “Trailblazing Women” joining, leading and fighting which should inspire our very own women union members. Just to name a few we have our **first female Vice President Yvette Johnson** who holds this position at Local 300 NYC Headquarters and is also currently the Branch President in Brooklyn P&DC.



Female delegates representing Local 300 w/ LP Kevin Tabarus

We also have **June Harris** from Local 306. She is the Local President of 306 and also the **first female on the National Executive Board as Central Region Vice President.**

Local President, Felandria A. Jackson (Local 305) representing Mail Handlers in Maryland, DC, Virginia and North Carolina. Local President (321) Cindy Hoehl-Rinker representing Mail Handlers in the state of Colorado. Local President (322) representing MH In Pennsylvania, including Pittsburgh P&DC and Pittsburgh NDC, Pennwood P&DC, Greensburg, Uniontown, Washington, parts of Central Pennsylvania And West Virginia.



LP & CRVP June Harris

Lastly let’s not forget our own female leaders in Local 300, Branch President Irene Delgado of Morgan P&DC, Branch President Lucy Lombardo of ISC/JFK, Branch President Dawn Licata of NY L&DC and Yvette Johnson of Brooklyn P&DC. We also have many women shop stewards now more than ever in Local 300 where that was unimaginable 20-30 years ago. We also have many women union members today than any other time in history. We are ALL successful **“Trailblazers” !!!**



Article submitted by Women’s Caucus member Shirley Ramos and Chief Steward at Morgan P&DC

Healthy Eating & Exercise

By Michelle Kimber-Sadler, Caucus member & Chief Steward @ NJI & NDC

A balanced diet is a cornerstone of health. Women, like men, should enjoy a variety of foods, such as whole grains, fruits, vegetables, healthy fats, low-fat dairy and lean protein. But women also have special nutrient needs, and, during each stage of a woman's life, these needs change.



EATING RIGHT

Nutrient-rich foods provide energy for women's busy lives and help to prevent disease. A healthy daily diet includes:

At least three 1-ounce servings of whole grains such as whole-grain bread, cereal, pasta, brown rice or oats.

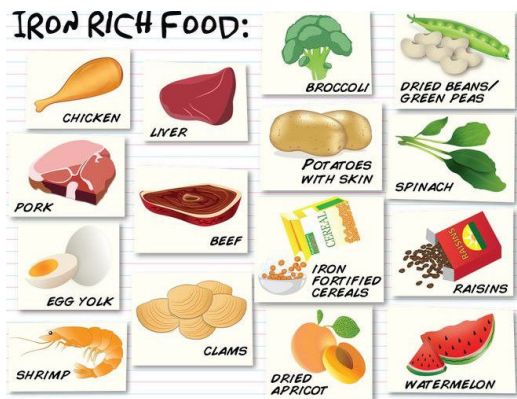
Three servings of low-fat or fat-free dairy products including low-fat or fat-free milk, yogurt or cheese.

Five to 6 ounces of protein such as lean meat, chicken, turkey, fish, eggs, beans or peas and nuts.

Two cups of fruits—fresh, frozen or canned without added sugar.

Two and-a-half cups of colorful vegetables—fresh, frozen or canned without added salt.

IRON RICH FOOD:



IRON-RICH FOODS

Iron is one of the keys to good health and energy levels in women. Iron-rich food sources include red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and fortified breads and cereals. Plant-based sources of iron are more easily absorbed by your body when eaten with vitamin C-rich foods. So eat fortified cereal with strawberries on top, spinach salad with mandarin orange slices or add tomatoes to lentil soup.

FOLIC ACID DURING REPRODUCTIVE YEARS

When women reach childbearing age, they need to eat enough folic acid to decrease risk of birth defects. The re-

quirement is at least 400 micrograms of folic acid a day. Be sure to consume adequate amounts of folic acid daily from fortified foods or supplements, in addition to food forms of folate from a varied diet. Citrus fruits, leafy greens, beans and peas naturally contain folate. There are many folic acid fortified foods such as cereals, rice and breads.



DAILY CALCIUM REQUIREMENTS

For healthy bones and teeth, women need to eat a variety of calcium-rich foods every day. Calcium keeps bones strong and prevents osteoporosis, a bone disease in which the bones become weak and break easily. Some calcium-rich foods include low-fat or fat-free milk, yogurt and cheese, sardines, tofu (if made with calcium sulfate) and calcium-fortified foods including juices and cereals.

FOODS TO LIMIT

To keep weight in check at any age, women should avoid a lot of excess calories from added sugars, fat and alcohol. Limit regular soft drinks, sugar-sweetened beverages, candy baked goods and fried foods. Limit alcohol intake to one drink per day. One drink is equal to 12 ounces of beer, 5 ounces of wine or 1.5 ounces of liquor. Opt for low-fat dairy and meat products instead of their full-fat counterparts.

Eat fewer foods that are high in saturated fat — the kind found in fatty meats, sausages, cheese and full-fat dairy products, baked goods and pizza.

BALANCING CALORIES WITH ACTIVITY

Since women typically have less muscle, more fat and are smaller than men, you need fewer calories to maintain a healthy body weight and activity level. Women who are more physically active may require more calories. Exercise is an important part of a woman's health. Regular daily activity helps with weight control, muscle strength and stress management.

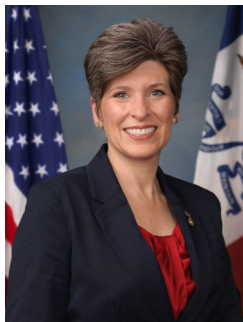


From Military to Politician

I would like to start with Senator Tammy Duckworth (she had attended the **NPMHU Convention** in August of 2016 and addressed the delegates) who is a member of the Democratic Party and serving as the junior Senator for Illinois since 2017. Duckworth is the first Asian American woman elected to Congress in Illinois, the first disabled woman to be elected to the U.S. House of Representatives, and the first member of Congress born in Thailand. She became a commissioned officer in the U.S. Army Reserve in 1992 and chose to fly helicopters because it was one of the few combat jobs open to women. Duckworth was working towards a Ph.D in political science at Northern Illinois University when she was deployed to Iraq in 2004. She was co-piloting a Black Hawk helicopter when they were hit by a rocket-propelled grenade fired by Iraqi insurgents. She was the first female double amputee from the Iraq war. Duckworth received a Purple Heart and was promoted to Major. She retired from the Illinois Army National Guard in October 2014.



In July 2011, Duckworth launched her campaign to run in 2012 for Illinois's 8th Congressional District and won in November 2012. On March 30, 2015 she announced that she would challenge incumbent U.S. Senator Mark Kirk for his seat and won on November 8, 2016. Senator Duckworth supports abortion rights and the ACA, supports comprehensive immigration reform and she helped establish the Intrepid Foundation to help injured veterans.



Joni Ernst is an American politician who is the junior U.S. Senator from Iowa, elected in November 2014. She previously served as a Republican member of the Iowa Senate from 2011 to 2014 and as a lieutenant colonel in the Iowa Army National Guard prior to retiring from the military in 2015. She is the first woman to represent Iowa in the U.S. Congress and the first female veteran from any state to serve in the U.S. Senate. Ernst served as logistics officer in the Iowa National Guard, near the end of her career she served as the commanding officer of the 185th Combat Sustainment Support Battalion at Camp Dodge. Upon her retirement from the military in 2015, Ernst had served 23 years between the Army Reserve and

the Army National Guard. She spent 12 months in Kuwait in 2003-04 as the company commander of the 1168th Transportation Company during the Iraq War.



Tulsi Gabbard is an American politician and member of the Democratic Party who has been the U.S. Representative for Hawaii's 2nd congressional district since 2013. She is the first American Samoan and the first Hindu member of the U.S. Congress. In April 2003, while serving in office, Gabbard enlisted in the Hawaii Army National Guard. In July 2004, Gabbard asked to deploy with her Hawaii Army National Guard unit, volunteering for a 12-month tour in Iraq, where she served in a field medical unit as a specialist with the 29th Support Battalion medical company. She learned that she would not be able to serve with her unit and perform her duties as a legislator, and thus chose not to campaign for a second term in office. Upon her return from Iraq in 2006, Gabbard began serving as a legislative aide for U.S. Senator Daniel Akaka in Washington, DC. She was responsible for issues involving veteran affairs, energy and natural resources, judiciary, and homeland security. She served as a surrogate speaker for Akaka on many occasions, and built a grassroots network with the veteran community in Hawaii. On October 12, 2015, Captain Gabbard was promoted to major at a ceremony at the National Memorial Cemetery of the Pacific. Akaka administered the oath of office to the new major. She continues to serve as a major in the Hawaii Army National Guard. Gabbard supports abortion rights, opposed the Trans-Pacific Partnership, has called for a restoration of the Glass-Steagall Act, and has been in favor of same-sex marriage since 2012. She opposes US-led regime-change wars like those in Iraq, Libya, and Syria, and has opposed removal of Bashar Al-Assad from power, arguing that US regime-change intervention in Syria's civil war is a source of the Syrian refugee crisis.



Martha Elizabeth McSally is a retired United States Air Force Colonel and politician who has been a Republican member of the United States House of Representatives since 2015. McSally became the first woman in U.S. history to fly a combat aircraft into enemy territory when she flew into Iraq in support of the United Nations no-fly zone enforcement. McSally completed Replacement Training Unit for the A-10 Thunderbolt II at Davis-Monthan AFB, Arizona, and was assigned to an operational A-10 squadron and was deployed to Kuwait in January 1995. During that deployment, she flew combat patrols over Iraq in support of Operation Southern Watch, enforcing the no-fly zone over southern Iraq. In 1999, she deployed to Europe in support of Operation Allied Force. McSally was selected as one of seven active duty Air Force officers for the Legislative Fellowship program, during which time she lived in Washington, D.C. and advised Senator Jon Kyl (R-AZ) on defense and foreign affairs policy. Promoted to Major, she reported

to Joint Task Force Southwest Asia (JTF-SWA) in Riyadh, Saudi Arabia in 2000 for an Operation Southern Watch temporary assignment. McSally retired from active duty with 22 years of commissioned service in the U.S. Air Force on May 6, 2010. She narrowly won her congressional seat in the United States House of Representatives elections of 2014. Following a recount, McSally was declared the winner on December 17, by a margin of 167 votes.

Submitted by Lucy Lombardo
Chairwoman/BP ISC/JFK

With the changing times, more women are working for the Postal Service and many of them are single mothers trying to make ends meet. The USPS offers help through the EAP (Employee Assistance Program), this program is

available to everyone help you resolve your you can be your best at They can assist with problems, anger management, child care services, family/parenting pressure, alcohol or grief or bereavement. skeptical thinking management problem if they attend, protected by strict federal laws and regulatory ethical standards for

EAP
help. when you need it.

and it's FREE! EAP can personal concerns, so work and at home. work stress, relationship management, coping with crises, elder care services, anxiety or drug dependencies and Some members are management will know their not so, your privacy is federal and state confidences and by professional counselors. Information

you share with the EAP may not be released to anyone without your prior written consent, except as required by law (e.g., when a person's emotional condition is a threat to himself, herself, or others; there is suspected abuse of a minor child, and, spousal or elder abuse). The EAP representative will help you clarify the issue for which you are seeking help. This ensures that your concern is being addressed. Together, you and the representative will explore alternatives for addressing the problem. EAP counselors provide an objective point of view and can offer suggestions that you may not have been considering. An individualized plan is then developed. The plan may involve short-term counseling through the EAP or a referral to a helpful resource in the community. Family members may also be included in counseling as part of the action plan for problem resolution. In all cases, the decision of how to handle your concern and manage your life is up to you. Getting help is easy, convenient and confidential. Just call 1-800-EAP-4-YOU.

Submitted by Lucy Lombardo Chair/Branch Pres. ISC/JFK