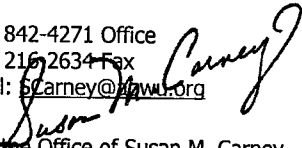


American Postal Workers Union, AFL-CIO

1300 L Street, NW, Washington, DC 20005

(202) 842-4271 Office
(202) 216-2634 Fax
E-mail: scarney@apwu.org


From the Office of Susan M. Carney
Human Relations Director

November 5, 2009

To: APWU State and Local Presidents

Re: Winterhaven Stand Down and Comprehensive Training Conference

We appreciate everyone's past support to the APWU Support Our Troops and Veterans Programs. The winter months are approaching and we plan to participate in the Veterans' Administration Winterhaven Stand Down this January. We need everyone's participation if our efforts are going to be successful. Please share the enclosed information with your executive board, stewards, and members. We hope we can count on your continued support.

Additionally, the APWU is in the midst of planning the National Human Relations Department Comprehensive Training Conference. A few details are enclosed and more will be posted shortly on the APWU Calendar of Events. We hope the advance notice will allow you to include this conference in your 2010 budget. We look forward to seeing your participants in D.C.

Thank you.

APWU
We Need You



To Help Us Serve Those Who Serve
Give Them The Thank You They Deserve

Donate New Backpacks Filled With Necessities To
Help Homeless And Underserved Veterans Get
Through Their Long Days And Cold Nights

APWU Will Distribute Items At The Winterhaven Stand Down
Must Be Received By January 12th, 2010
Mail to APWU Human Relations Department
1300 L Street NW
Washington, DC 20005

Questions Call (202) 842-4271
Sue Carney, APWU National Human Relations Director

Each Backpack Should Contain:

Flashlight with change of batteries
BIC lighter
First-aid kit (band-aids and ointment)
Thermos
One set of utensils (not plasticware)
Twist-top manual, handheld can opener
Quart size zip-lock baggies
Antibacterial no-rinse soap
Pack of disposable razors
Toothbrush
Toothpaste
Mouthwash (alcohol-free)
Shampoo
Hairbrush
Baby wipes

Roll of toilet paper
Pen and small pad of paper
Instant heat packs
1 Poncho (hooded / rain)
1 space blanket, bag or hooded blanket*
1 pair of warm socks
1 ski cap or ski mask
1 scarf
1 pair of insulated gloves
Ready-to-eat items, e.g. peanut butter, energy or breakfast bars, fig newtons
Add hot water instant beverages, soup
Single, ready-to-serve: canned goods, cereal packs, lunch and snack packs

**Space blankets and bags can be found in the emergency or survival gear section of most sporting goods and automotive stores. They are perfect for compact storage, retain 80% of a person's body heat and help insulate users from wet weather. Visit www.highmtns.com "survival gear" to view these items.*

Not Just Backpacks

Although a large collection of filled backpacks is our primary objective, we will gladly accept new or like-new winter blankets and adult, unisex *winter* clothing. Like-new articles must be clean, free of stains, tears and wear, with all fasteners and compartments working properly. Undergarments, headwear and footwear must be new. Organizations are asked to carefully inspect all items prior to shipping. These donations should also be mailed to: APWU Human Relations Department, 1300 L Street NW, Washington, DC 20005 and also must be received no later than January 12, 2010.

Save the Dates

May 24 – May 30, 2010

APWU Human Relations Comprehensive Training Seminar Washington, DC

Plans Include Instructional Presentations By OWCP, Branch Of Hearings And Review, Employees Compensation Appeals Board, Merits Systems Protection Board, Equal Employment Opportunity Commission, Office Of Personnel Management And The Veterans Administration.

There will be an OWCP Beginner & Advanced Level and an NRP update
APWU will host a barbeque for our wounded troops and participate in Rolling Thunder XXIII 'Run to the Wall' to rally for veterans

Details Will be Posted Soon on the APWU Calendar of Events