



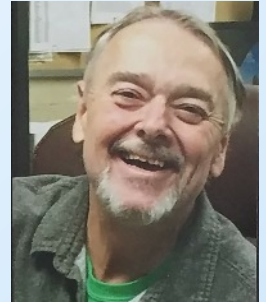
THE SPRINGFIELD RIFLE

EDITOR: DIANA KIRKLAND | ASSOCIATE EDITOR: JESSICA DEL NEGRO

APWUSAL.ORG JAN/FEB 2019

DON BRIN, OLD SCHOOL

Written by Jim Girard



On January 3rd of this year, our Local lost a long-time member to cancer. Don Brin represented this local in many ways over the years. He was a Steward, ABA Representative, APWU Health Plan Representative, and Vice President. Whenever our Local called upon Don, he would answer that call. In these days, when representatives are asked to wear many different hats, due to the low number of volunteers, Don was usually first to take up the mantle. Don certainly was one of the trail blazers of multi-tasking. No job was too small or too large for Don to embark upon.

Don had many years of experience as a Steward on the workroom floor. Don's gift as a Steward was not just his knowledge of the contract, but how approachable he was to our Membership. Talking with Don about any issue would most certainly be addressed in a comfortable manner. He kept it low-key, and treated people with respect. All of us at one time or another have been the new kid in school or the workplace. We have all had that feeling of uncertainty. Don was the guy who would walk up to you and say hi, and let you know that if you had any questions, feel free to ask. This way about him proved helpful for new Stewards. Being a new Steward and knowing there is someone accessible to give you direction is certainly a calming feeling. Don was more than just a Steward for this Local, I believe he was an Ambassador. When Don became ill, he stepped down as a Regular Steward and

became an Alternate Steward. He wanted a Steward to be able to fulfill the duties of an area. He knew that in time he would be unable to provide those duties. A humble man, thinking of the membership.

I met Don in 1987 when I became a Union Steward. Don had been a Steward, but was taking a break. My fellow Stewards all knew Don, and all I heard were good things about him. I would love to tell you that Don was an outstanding clerk with great attendance. Don was a good worker! But according to Don if he and his crew finished their mail early...early outs and let's go have a bit of fun! He would tell those stories often, and with a sparkle in his eye. Always reminding me that his co-workers on the machine wouldn't let him touch the keyboard if they wanted to get out early. This was always followed by a great raspy laugh!

If you walk through the SNDC (BMC) and pay close attention, you will see remnants of Don Brin. A COLA raise posted by Don near the time clocks with the amount of the raise for all to see. The weeks of Penalty Exclusion with the dates, posted by Don. The new leave year date, also posted by Don. He was always keeping the membership up to date.

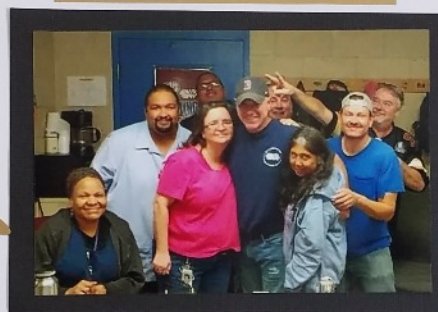
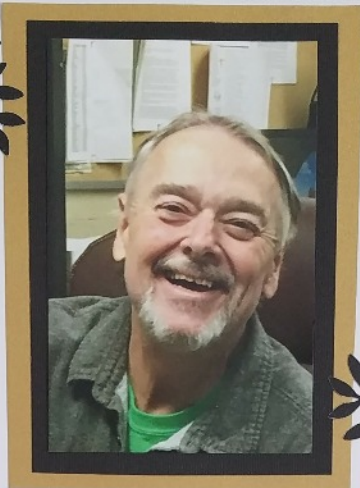
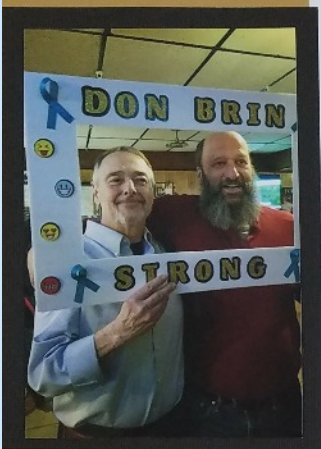
A testament to this man's life was in his final six to eight weeks. He was surrounded not only by family, but three former

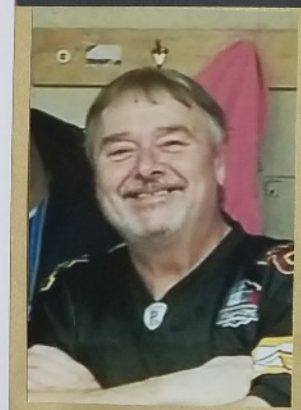
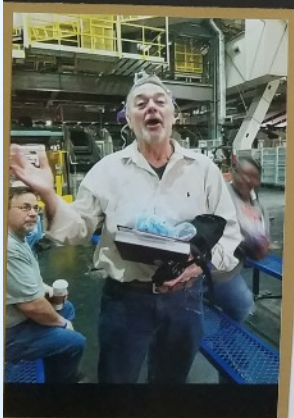
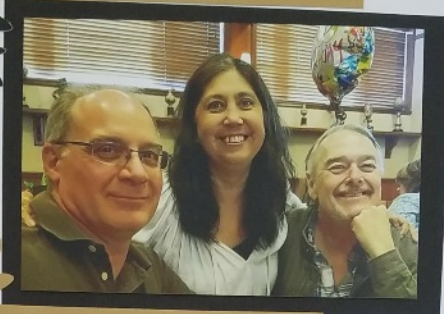
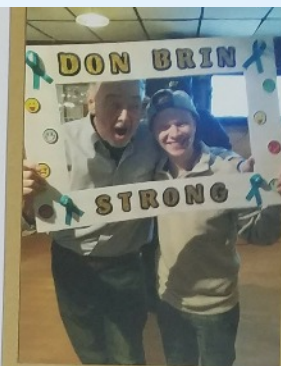
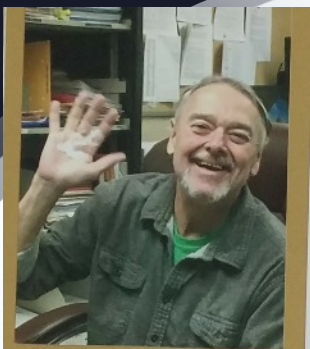
Union Stewards who, together, would form his caretaking crew. These people all agreed that caring for Don was an honor and never a chore. Those weeks will stay with us for a lifetime. Sure, some tears, many smiles and laughs, many hurdles, and so many memories.

Lastly, I would like to share a special moment that I had with Don a few months before he passed. He and I were sitting on the bench on PSM 3. He always seemed in good spirits on the workroom floor and so I said, "I would like to think that I could be so upbeat going through the ordeal you are going through". He looked at me and replied, "you could if you had the support I've had". This was Don acknowledging the outpouring of love, concern, and support from all of you.

From Clerks, Mailhandlers, and Supervisors giving donations, a hand painted one eyed Minion (his favorite), soups, meals, his special night, people coming up to me and slipping money into my hand at Christmas time, and hundreds of Christmas cards throughout his home. All of you letting him know he was still in your thoughts. You all touched his heart and soul.

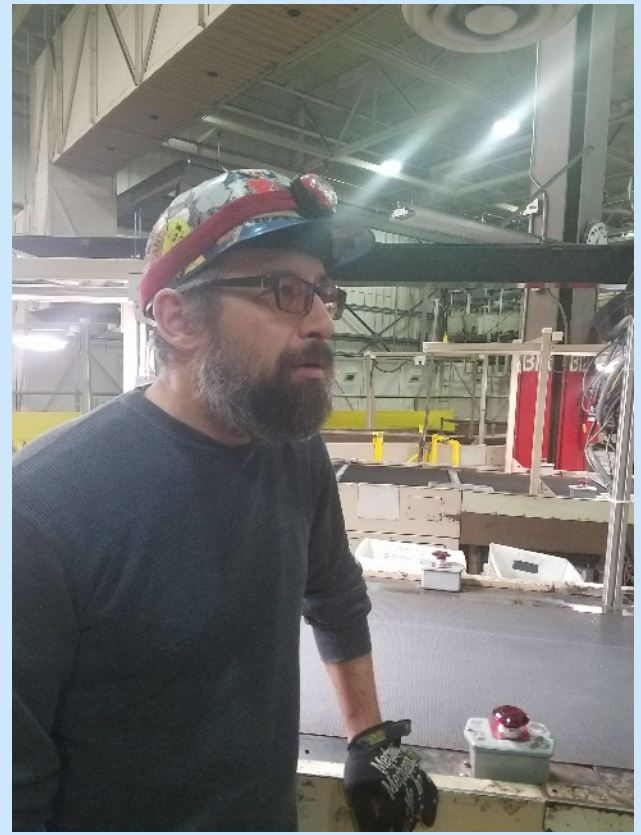
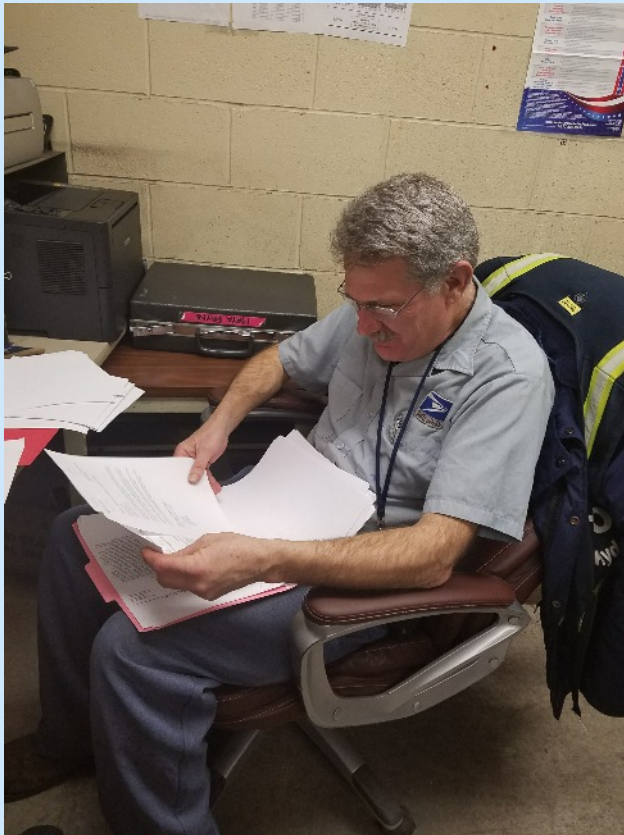
We now live in a world where many people think that they can't make a difference alone. I hope each of you now understand that that isn't so. You all took a sad, painful journey for this man, and made it full of love and concern. On behalf of Don Brin and his family thank you all...love you guys!





*Memories
are
timeless treasures
of the
Heart*





High blood pressure threatens your health and quality of life

In most cases, the damage done by high blood pressure (HBP, or hypertension) takes place over time. Left undetected (or uncontrolled), high blood pressure can lead to:

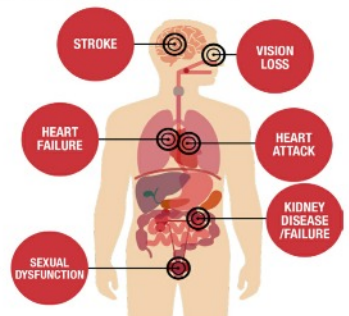
- **Heart attack:** High blood pressure damages arteries that can become blocked and prevent blood flow to the heart muscle.
- **Stroke:** High blood pressure can cause blood vessels in the brain to clog more easily or even burst.
- **Heart failure:** The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.
- **Kidney disease or failure:** High blood pressure can damage the arteries around the kidneys and interfere with their ability to filter blood effectively.
- **Vision loss:** High blood pressure can strain or damage blood vessels in the eyes.
- **Sexual dysfunction:** High blood pressure can lead to erectile dysfunction in men or lower libido in women.
- **Angina:** Over time, high blood pressure can lead to heart disease or microvascular disease (MVD). Angina, or chest pain, is a common symptom.
- **Peripheral artery disease (PAD):** Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.

Your best protection is knowledge, management and prevention

- **Know your numbers:** The best way to know if you have high blood pressure is to have your blood pressure checked.
- **Understand the symptoms and risks:** Learn what factors could make you more likely to develop high blood pressure and put you at risk for serious medical problems.
- **Make changes that matter:** Take steps to reduce your risk and manage your blood pressure. Make heart-healthy lifestyle changes, take any medication as prescribed and work in partnership with your doctor.

High blood pressure and hypertensive crisis

- If your blood pressure readings suddenly exceed 180/120 mm Hg, wait five minutes and then test your blood pressure again. If your readings are still unusually high, contact your doctor immediately.



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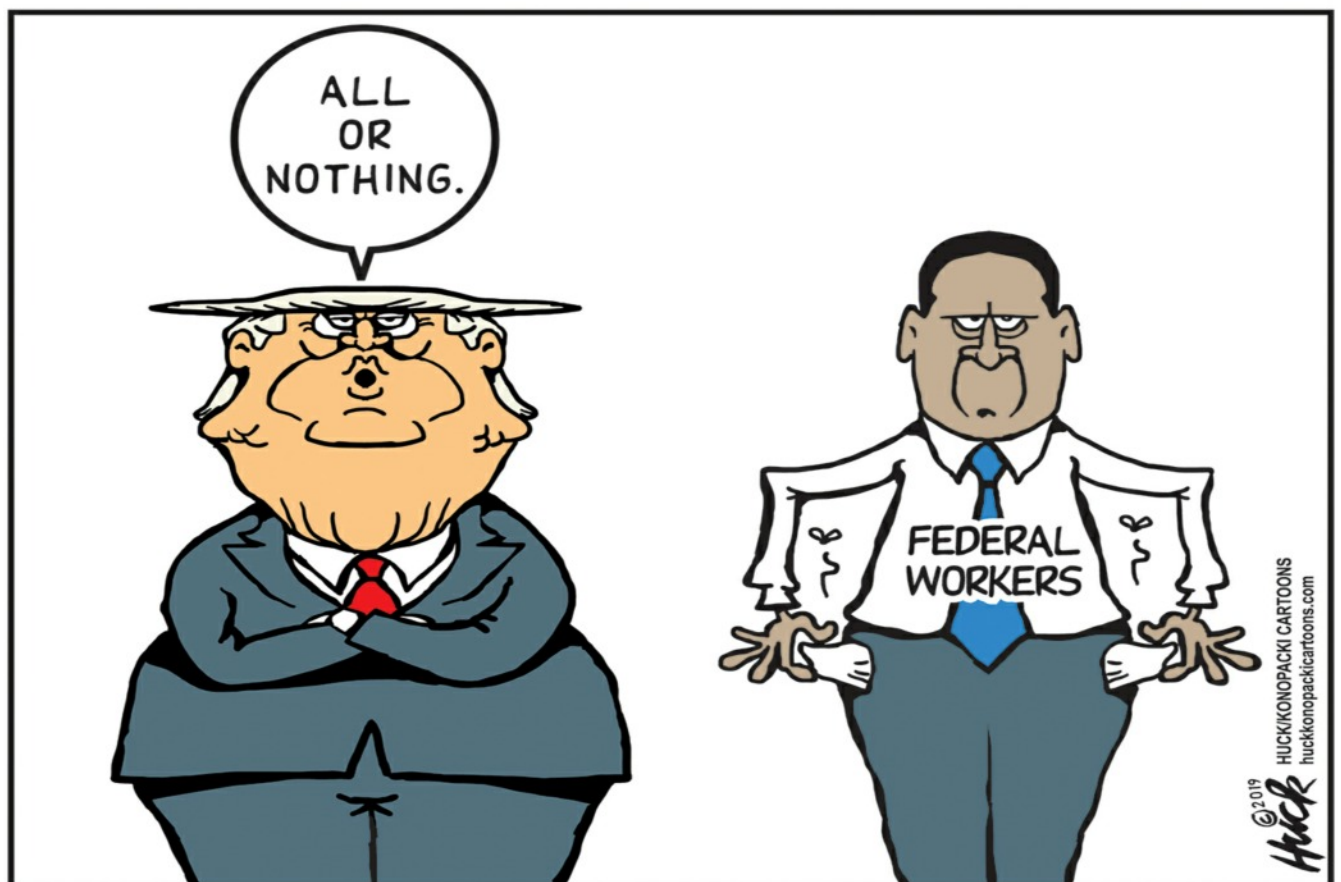
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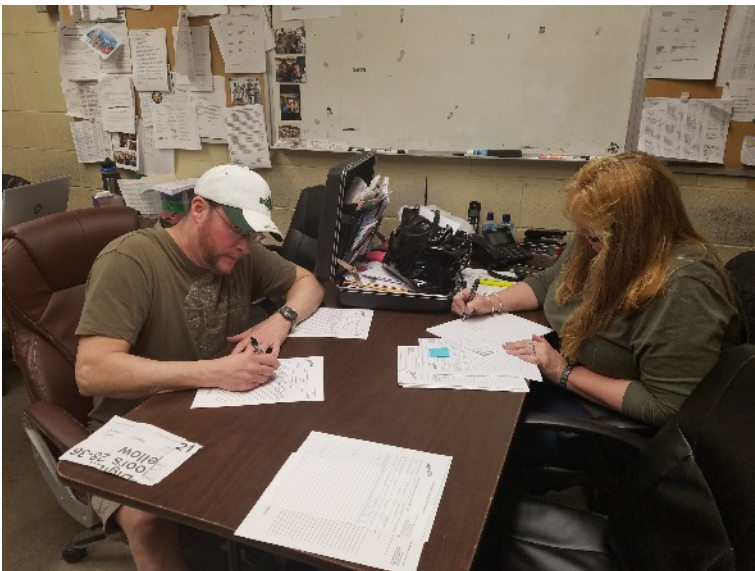
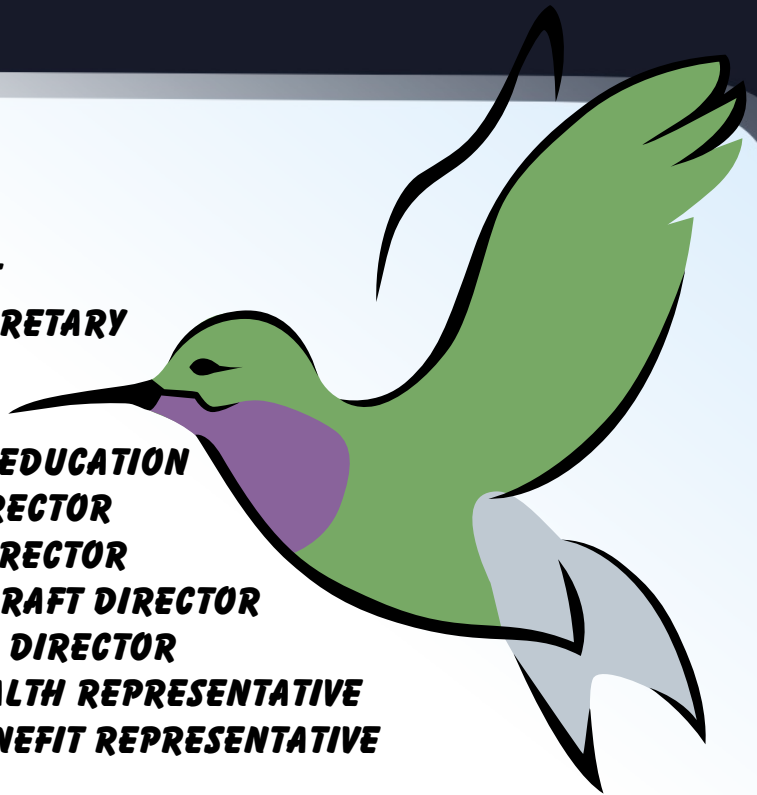
REMEMBER TO WEAR
 YOUR UNION GEAR ON
 THURSDAYS FOR
 PHOTOS
 APWU LOCAL 497

**UNION GEAR
 DAY
 THURSDAYS**



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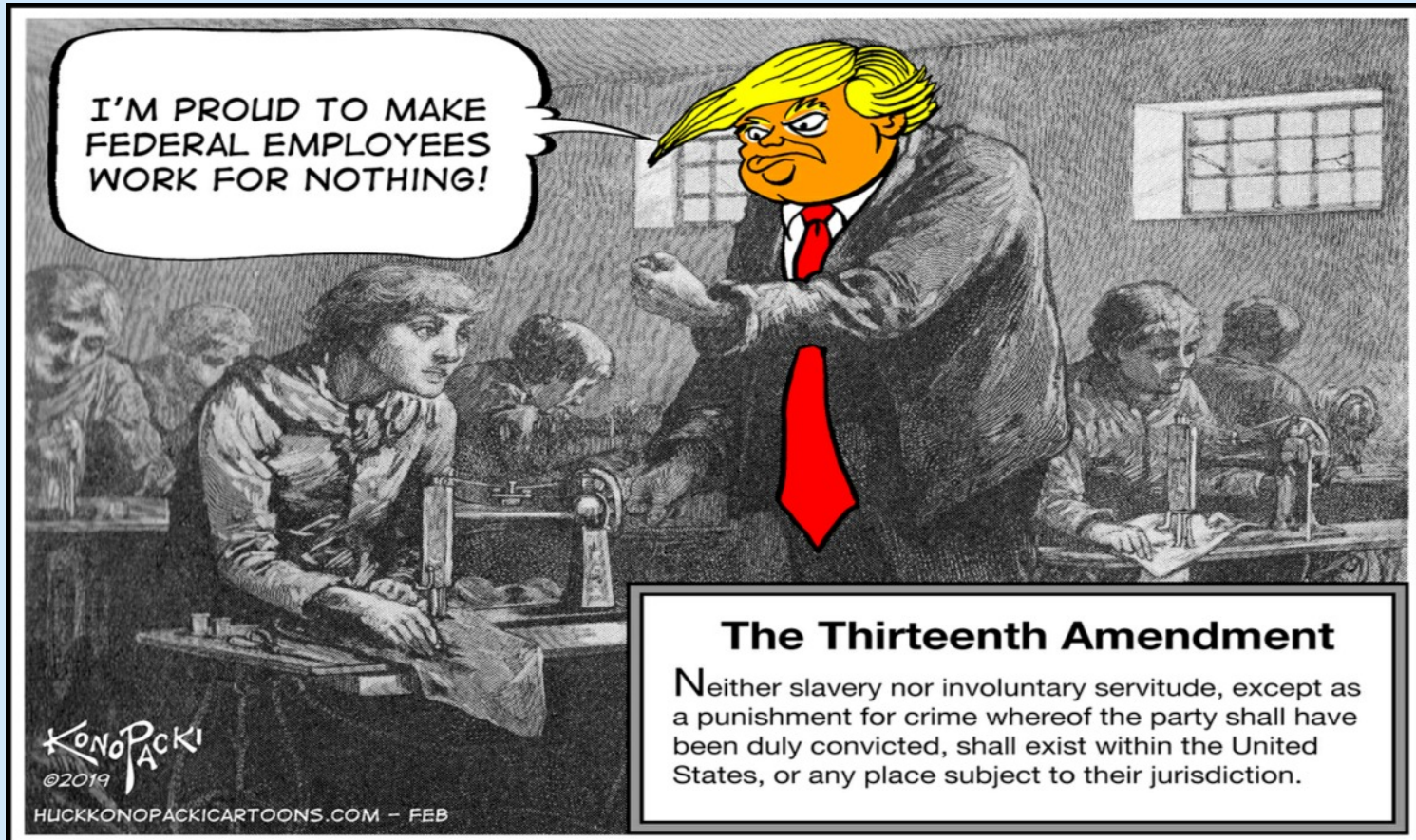
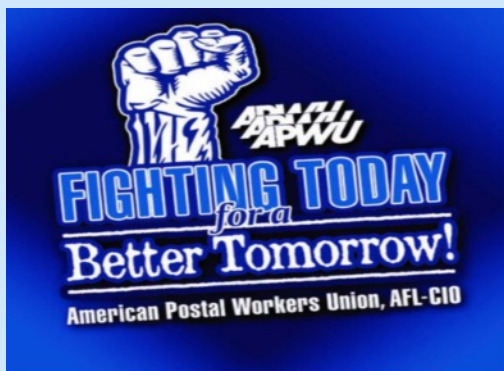
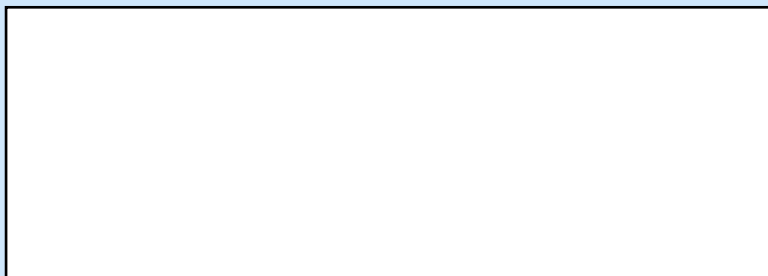


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The Thirteenth Amendment

Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction.