



of Retirees







Halbert Clark Northeast Region President





Pamela Brooks Western Region Direct

Frederick Jackson Southern

Region Directo

Prescott Butle

Northeast Region Directo

 A-PLUS National News Magazine Edition • June 2024 1





2024-2026 National Executive Officer Biographies and Pledges

2024 Membership Dues Reminder

What is **A-PLUS?**

Things Every A-PLUS Member Should Know

How to Dress for a Job Interview

Toastmasters— Great for Developing Public Speaking and Leadership Skills

A-PLUS 2024 Annual Eastern Region Conference Announcement

A-PLUS 2024 Annual Southern Region Conference Announcement

USPS Career Conferences Announcement

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Greetings A-PLUS Members,

It's my pleasure to produce this special edition of the A-PLUS Magazine. In this edition, we will introduce the new 2024-2026 Executive Officers, who will lead our organization with vision and dedication.

Firstly, we extend our heartfelt thanks to the 2022-2024 Executive Officers for their outstanding work in advancing the goals and mission of A-PLUS. Their leadership has set a high standard and paved the way for continued success.

We also celebrate the success of the 2024 National Convention in Las Vegas, NV, which brought together members from across the country to share insights, build connections, and strengthen our commitment to excellence.

A-PLUS remains dedicated to its mission: promoting the goals of the United States Postal Service, unifying and mentoring African-American EAS/PCES employees, and monitoring the statistical progress of minorities in hiring, promotions, separations, details, and assignments. We continue to form beneficial alliances with organizations, corporate sponsors, and other supporters.

Our new executive officers are committed to these principles and will work tirelessly to ensure that A-PLUS continues to be a driving force for added value to the organization and the United States Postal Service. Together, we will foster an inclusive environment where every member feels valued and empowered. We will advocate for diversity, support professional growth, drive innovation, uphold ethical leadership, enhance communication, and promote wellness.

With their guidance, A-PLUS is poised for a promising future. We look forward to building on our past successes and creating new opportunities for our members. Thank you for your continued support, and here's to an exciting and prosperous term ahead!

Desai Abdul-Razzaaq Special Edition Editor A-PLUS Corresponding Secretary





DEBRA CLAYTON

President 2024 - 2026

Greeting A-PLUS!

I am Debra Clayton, your newly elected A-PLUS National President. It is with great honor and humility that I accept this role for the 2024-2026 term. I am excited to collaborate with Chairman of the Board, Alan C. Lewis, and the National Executive Board to further the mission of A-PLUS.

Having been a member since 1990, I have actively contributed to A-PLUS in various leadership capacities. I served as a Chapter Secretary and President. I served as



Parliamentarian, Vice President and Director for the Eastern Region and I also had the privilege of being the immediate past Chairman of the Executive Board. As a proud member of the Triangle Chapter in Raleigh NC, I am committed to upholding our organization's legacy.

As your National President, my goals will include:

- Enthusiastically supporting the Aims & Objective of A-PLUS
- Building additional support for A-PLUS Chapters who support our members all year long.
- Revitalizing and Chartering new Chapters across the country as we recruit and reclaim members.
- Maintaining relationships with USPS, Sister Organizations and our National Sponsors to inform and groom new leaders for the Postal Service and A-PLUS.
- Continuously improving our Digital Presence.
- Honoring our Legacy while embracing Change to attract a new generation of Postal Employee

Here are some key points about my background:

I began my USPS journey in 1984 and retired after nearly 37 years of service. Throughout my career, I contributed significantly to various aspects of the organization, primarily in Marketing and Information Technology. As a certified Project Management Professional (PMP), I concluded my career as Senior Budget Systems Analyst for the Chief Information Officer CIO. Drawing from my experience, I am committed to developing strategies that protect and enhance the A-PLUS brand. Working closely with the Board, we will advance our mission and ensure the continued success of our organization.

In addition to A-PLUS, I am an active member of several other organizations, including Davie Street Presbyterian Church, NAPS Branch 177, UPMA, the Raleigh Chapter of The MOLES and the Alpha Kappa Alpha Sorority, Inc.

Page 3 • A-PLUS National News Magazine • Special Edition • June 2024





ALAN C. LEWIS Chairman of the Board Eastern Region Director 2024 - 2026

Greetings A-PLUS family,

I am Alan C. Lewis, the 2024-2026 Chairman of the Board and Eastern Region Director. It is certainly humbling and an honor to have been elected to serve in these positions, I truly look forward to this great experience.

A-PLUS has been a part of my life for the past 10 years. It was the late Wilburn Malone whom I credit as driving me to

this organization. Since becoming a member of the team, I have served most recently as the Eastern Region Treasurer, a position I served 3-1/2 terms. I have also held positions at the chapter level as Parliamentarian and Treasurer.

We, A-PLUS, have come a long way, in spite of struggles. But we are a resilient group, and in my current roles I will fully support the decisions of the A-PLUS National Board, led by our National President Debra Clayton, as well as be that bridge, the voice for the Eastern Region Chapters and members at large led by Eastern Region President Cynthia Coles. Proverbs 29:18 states, "where there is no vision, the people perish", so I ask that we all use our God-given talents to move this organization forward and hold one another accountable as we do so.

My background with the postal service includes working in Human Resources 12 of the 17 years of my employment. I am currently the Safety Manager for KY-WV and its partners, a tireless position that I have been dedicated to for the last 7 years. That being said, a good challenge is simply part of my daily routine. I do have several years of experience in corporate America in between the USPS and my service in the United States Navy.

In closing allow me to say again I am honored to be elected by my peers. I congratulate all other newly elected officers of every level. There is no shortage of work to be done, so let us all buckle up and prepare ourselves for this great journey ahead.

Peace and Blessings,

Alan C. Lewis Chairman of the Board Eastern Region Director





TARONY

Good day to all A-PLUS Members,

As the Executive Vice President of A-PLUS and Manager of Statistical Programs Training and Compliance, I am honored to serve our diverse and dedicated community of postal employees and associates. With a steadfast commitment to excellence and innovation, I pledge the following:



I will champion a culture of inclusivity where every member, regardless of generation or background, feels valued and empowered. I will promote

diversity in our workforce, ensuring that all voices are heard and respected.

I am dedicated to creating and providing opportunities for continuous learning and professional growth. Through comprehensive training programs, mentorship, and career development initiatives, I will support our members in achieving their personal and professional goals.

Leveraging my doctoral studies in Strategic Leadership Learning and Innovation, I will bring cutting-edge ideas and strategies to our organization. I will encourage innovative thinking and practices that enhance our operational efficiency and effectiveness.

I pledge to lead with integrity, transparency, and accountability. I will ensure that our decision-making processes are clear and that our actions reflect the highest ethical standards.

I will improve communication channels within our organization, ensuring timely and effective information sharing. I will promote collaboration across all levels, fostering a sense of community and shared purpose.

Recognizing the importance of well-being, I will advocate for policies and programs that support the physical, mental, and emotional health of our members. I will strive to create a community environment that balances professional responsibilities with personal well-being.

By adhering to these principles, I commit to making A-PLUS a model of excellence in the postal community and a source of pride for all our members. Together, we will build a stronger, more innovative, and inclusive future.

Sincerely Brenda Blue Executive Vice President, A-PLUS Doctoral Candidate, EDD, Strategic Leadership Learning and Innovation bblue.evp.aplus@gmail.com

Page 5 • A-PLUS National News Magazine • Special Edition • June 2024





IRIS BONHART

Administrative Vice President 2024 - 2026

SERVICE BEFORE SELF

Having several family members in the United States Air Force, I was surrounded by military culture, and I adopted one of the most impactful values of the US Air Force: Service before Self. I will continue to SERVE the membership as your elected National Administrative Vice President (AVP), and the best way I can introduce myself to you is through the acronym S-E-R-V-E.



S is for SUPPORT. As AVP, my duties have a wide range regarding

the National Executive Board, and I primarily work at the national level in facilitating communication, coordinating the organization's administrative processes, and maintaining perpetual documents related to the organization's operation and archives.

E is about ENGAGEMENT! Celebrating 37 years, Engagement is key to help move both the United States Postal Service and A-PLUS into the next 37 years. My objective as your AVP is to diligently work with the National Executive Board in the engagement of postal leadership at all levels regarding accessibility to the A-PLUS membership.

R represents Retain/Recruit/Reclaim. As a National Board Member, I represent the A-PLUS Brand and spread the word and work of A-PLUS. A Son of A-PLUS, USPS Vice President, Processing Operations, Eastern Region, Todd Hawkins said, "Each A-PLUS member is an Ambassador for the A-PLUS Organization." We all are A-PLUS Brand Ambassadors, and I urge you to invite potential members to a meeting or sponsor them for an event. Whatever your involvement, allow me to thank you in advance.

V stands for VIVIFY. Vivify means to bring life; to enliven. I don't wish for A-PLUS to rest on its laurels. In my capacity as AVP, I'll work diligently to examine ways to modernize procedures. Using my experiences in hospitality, information technology, human capital, critical thinking, and project management, I'll work to give a new energy to existing A-PLUS activities and adapt new processes because I desire to help the organization achieve growth, and trend sustainability for the future.

E is for Empower. I celebrate the Founders whose vision saw past the obstacles, whose passion surpassed the negativity, and whose leadership ability remained steadfast.

I stand on the Shoulders of the Founders Legacy! The reason I joined A-PLUS while working in Corporate America is because I was impressed with their member interaction and genuine care regarding a person's professional growth. Compared to the cost (which has not changed since I joined), the BENEFIT to membership is PRICELE\$

Page 6 • A-PLUS National News Magazine • Special Edition • June 2024





DESAI ABDUL-RAZZAAQ Corresponding Secretary

Greeting A-PLUS!

Abdul here and I'm an enthusiastic communications professional who is passionate about corporate communications and the United States Postal Service. Since starting my 30 year career, I have held many positions serving the Postal Service. I am currently a Strategic Communications Specialist for the Central Area serving the Minnesota -North Dakota and Wisconsin Districts. I manage internal and external communications to build an increased understanding of policies and programs among employees, the general public and business



customers. In addition, I handle all media inquiries within the districts of Minnesota-North Dakota and Wisconsin. I have been a A-PLUS member for 20 + years and have held Chapter leadership positions in three Southern Region states. I have also served as the official photographer for events such as Postal Service Career Conferences, District Ceremonies, Leadership Meetings, and A–PLUS Conventions and Conferences.

As the Corresponding Secretary for National A-PLUS, I pledge to serve with dedication, integrity, and a steadfast commitment to our mission. In this role, I vow to:

Enhance Communication

I will ensure timely, accurate, and effective communication within our organization, bridging the gap between our members, executive officers, and partners.

Promote Inclusivity and Unity

I will foster a culture of inclusivity where every voice is heard and valued. I will work diligently to unify our members, encouraging collaboration and mutual support.

Support Professional Growth

I will advocate for continuous learning and development opportunities, helping our members achieve their personal and professional goals.

Uphold Organizational Integrity

I will conduct my duties with the highest level of integrity and transparency, ensuring that all correspondence reflects our values and ethical standards.

Drive Organizational Success

I will actively contribute to the strategic initiatives of A-PLUS, supporting our efforts to promote the goals of the United States Postal Service and monitor the progress of minorities in our organization.

With these commitments, I pledge to uphold the mission of A-PLUS and contribute to a future of excellence, innovation, and inclusivity for our organization. Together, we will achieve great success.

Page 7 • A-PLUS National News Magazine • Special Edition • June 2024





RICARDO JACKSON Treasurer 2024 - 2026

Greetings A-PLUS,

My name is Ricardo Jackson, and I am the National Treasurer for A-PLUS. I have served in the position since 2017. I view my position as the Gate Keeper for the organization. For those of you who know me, I like to have fun, but I take my job very



seriously and ensure that the work is done before enjoying the comradery that A-PLUS is known for. As a tax-exempt, non-profit organization, there are specific rules and regulations that we must all follow, to be in compliance with IRS guidelines. It is my job, along with all A-PLUS members to ensure that we adhere to all regulations that could impact us.

I retired from the U.S. Postal Service in 2016 after 37.5 years in various roles. Starting as a Computerized Mark-Up Clerk in 1978, I advanced to Supervisor Mails, Plant Operations, and held numerous positions including EEO Counselor Investigator, Systems Compliance Analyst, and Finance Management Associate. I concluded my career as Manager, Travel & Relocation at USPS Headquarters.

I have been a member of A-PLUS for about 25 years, serving as Eastern Region Treasurer before becoming National Treasurer in 2017. I received several awards, including the MLK Heritage Award and the A-PLUS National Appreciation Award. An advocate for minority representation, I provide mentorship and support to aspiring professionals.

I hold a Bachelor of Science in Business Administration from San Jose State University and a Master's in Organizational Management from the University of Phoenix.

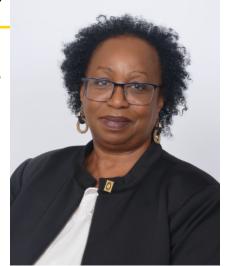
Richard Jackson A-PLUS National Treasurer



LOU CURRY Parliamentarian 2024 - 2026

Good day to all A-PLUS Members,

I am honored to serve as the A-PLUS National Parliamentarian. Thank you for entrusting this duty to me. My AIM is to serve as the lead advocate for Parliamentary procedures, along with the Region and Chapter Parliamentarians, to facilitate the accomplishment of the A-PLUS Mission as specified in the National Constitution and Bylaws (C&B).



Use of our A-PLUS C&B will enable us to "work out satisfactory solutions to the greatest number of questions in the least amount of time" and get the work of A-PLUS accomplished as members are served in the efficient and DEMOCRATIC manner deserved, at the Chapter, Region and National levels. A-PLUS has the C&Bs as the primary sources of guidance and knowledge enhancement. Roberts Rules of Order (newly Revised 12th edition) is the accompanying source.

A-PLUS belongs to you, the members, and as officers we serve you. We are obliged to unselfishly serve you as we work to continue the progress and success experienced through the last 37 years.

I encourage you to know your rights and responsibilities as A-PLUS members. You have the right to expect and demand high level, organization progressing performance. You have the responsibility to be proactive in your own participation and encourage your fellow members to do so.

In unison, let us work together to be successful, respectfully experiencing A-PLUS involvement and activities as we achieve the nine (9) goals of the A-PLUS PURPOSE. There is always more to accomplish.

Let us all enjoy the experience,

Lou Curry APLUSPARN2426@gmail.com



AT A OTT

GLORIA A. DAVIS

Sergeant at Arms 2024 - 2026

Good day to all A-PLUS Members,

Let me introduce myself to you as your 2024-2026 National Sergeant at Arms. When I first came to the Postal Service in January 1987 as a manual clerk, I knew after casing letter sitting on a green bar stool that this was not something that I wanted to do for the next thirty years of my career. Once I passed my probation, I asked questions as I was interested in knowing what else I could be doing. The tour superintendent at the time heard of me and questioned my intentions



on my career. Long story short...she gave me the opportunity to 204-B in the FDR Facility in New York City, but I still wanted to learn more. I was invited to attend a NAPS convention which piqued my interest further. As I continued to ask questions, someone suggested that I speak to Larry Lee about this new organization being formed. I followed up and Larry told me all about A-PLUS. He encouraged me to attend the first National Convention which was held in Philadelphia PA in 1987. The experience from that weekend and the knowledge I gained changed my entire perspective on the Postal Service and the possibilities I now envisioned for my career. I returned to my workplace and started talking to others about my experience with A-PLUS. I received good and bad feedback, but nothing discouraged me.

I have severed in several organizations through the years. I served on the Diversity and Development Committee; I was a NAPS Advocate and I also served as the Eastern Region Sergeant at Arms for a few years. I can say that I have always enjoyed going to many conferences and conventions. In my early years in A-PLUS, it was a joy to stand at the doors of our National Conventions and learn the duties and responsibilities of a Sergeant at Arms from my mentor, Mr. Wilfert Snipes.

I have also had quite a few silent mentors including Betty Davis-Smith, Awanda Hampton-Gaines, Dorothy Banks, Vertie Woodard, and Jackie Purcell that I have looked up to and have always admired.

Recently, Larry Lee, Julan McFadden and I reactivated the A-PLUS Chapter in Charlotte NC. We are back and thriving! I continue to talk to employees and give them information about A-PLUS when I see that they are motivated and serious about their career. Upward mobility is a good energy for me. If you want something in life you must be willing to work for it.

I am also proud to say that I had the opportunity to meet two wonderful founders in 1987 Peggy Rucker and Dot Sharpe who made an impact on my life. So "Thank-You" A-PLUS for this opportunity to serve as an A-PLUS member and your Sergeant at Arms and I will always be an advocate for A-PLUS.

Gloria A. Davis National Sergeant at Arms





BRENDA DUPREE

Vice President of Retirees 2024 - 2026

Hello A-PLUS Family,

I am Brenda Dupree. It is an honor to serve as the Vice President of Retirees in this amazing organism called African-American Postal League United for Success (A-PLUS). Louisiana is my home, but I began my postal career in Indianapolis Indiana. During my career I traversed along the



Mighty Mississippi River until it brought me back home to Louisiana. From Indy to Wisconsin to Missouri to Tennessee and lastly a brief stop in Mississippi before retiring and back home to Louisiana.

I am blessed to have retired from the Postal Service but even more blessed to have been introduced to and served in A-PLUS.

As VP Retirees, my aim is to continue the legacy of mentoring, supporting, and training future postal leaders. To make available the wisdom and knowledge of retirees in order to make a tangible difference in future leaders' lives, their families and by extension their communities.

Retirees will keep it moving, stop and smell the roses along the way, and wear-out rather than rust-out with the goal of helping someone along the way.





GLADYS JOLLA



Central Region President 2024 - 2026

Good day to all A-PLUS Members,

I'm deeply honored and grateful for the overwhelming support that led to my re-election as President of the Central Region within A-PLUS. To each member who stood by me, I extend my sincerest gratitude. Your unwavering support is not just a reflection of our shared vision but also a testament to the strength of our community.



As I express my gratitude, my thoughts and prayers are with every member and their families. I wish you all good health, prosperity, and the fulfillment of your heart's desires. Together, let's embrace the multitude of opportunities that A-PLUS provides for personal and professional growth.

In my re-election message, I underscore the importance of seizing the opportunities A-PLUS offers. Whether it's enhancing skills, expanding networks, or accessing mentorship, these avenues are essential for our collective advancement. I urge each member to take full advantage of these resources as we strive for excellence in our careers.

The ethos of 'Each one Reach one' resonates deeply with me. Mentorship and collaboration are integral to our success. By extending support to one another, we not only uplift ourselves but also foster a culture of growth and empowerment within our community.

My vision for the Central Region is rooted in inclusivity, collaboration, and excellence. Together, let's harness our collective potential to shape the future of A-PLUS and beyond. With renewed determination, let's embark on this journey towards greater heights and achievements.

In conclusion, I extend my heartfelt thanks to each member for their support and trust. I am excited about the opportunities that lie ahead and confident in our ability to achieve greatness together. Here's to a future filled with growth, empowerment, and success for all within the A-PLUS Central Region.

Gladys Jolla

A-PLUS Central Region President





CYNTHIA COLES

Eastern Region President 2024 - 2026

Greetings A-PLUS!

I am honored to be the newly elected president of the Eastern Region. My name is Cynthia Coles, and I retired in November 2022 after beginning my postal journey as a MPLSM operator in Roanoke, VA in 1982. Throughout my career, I worked various functions and locations within the USPS and have always been passionate about improving processes and working with people.



As a craft employee, I served in multiple roles with the APWU, including Steward, Chief Steward, and State Research and Education Director. After completing the Associate Supervisor Program, I managed dock operations at the P&DC and became Supervisor Customer Service in Blacksburg, VA. I successfully managed the office during the Virginia Tech Massacre.

I later worked in the Appalachian District as District Consumer Affairs Manager, District Mailing Standards Specialist, and District Marketing Manager before becoming an Employee Engagement Ambassador. I retired as Postmaster of Bassett, VA – the first and only African American to hold this position in the office's history.

During my term, we'll stay focused on our organization's goals while seeking fresh perspectives to foster growth within our A-PLUS community. Our initial, continued, commitment involves supporting USPS Career Awareness Conferences with A-PLUS representation. It's an honor to lead and contribute to our efforts in promoting A-PLUS education and engagement.

This year's 37th Eastern Region Conference, from September 26-29, 2024, will be hosted by the Wilmington, DE Chapter. Our theme, "A-PLUS Developing Leaders: Breaking Barriers to Empower Change," encourages reflection on personal and professional barriers, and empowerment for transformation. Save the date and join us for this enriching conference at the Wilmington Doubletree Hotel, with accommodation details available by scanning the QR code below, and watch for conference registration information.

Also, in 2025, the Eastern Region will proudly host the 38th A-PLUS National Convention. More information will be provided about this convention in the near future.

As I get to know each of you better, I want to help you achieve your goals through your USPS and your life's journey. I look forward to meeting you and to working with each of you.

With much A-PLUS love, Cynthia





LYVETTE WASHINGTON Northeast Region President 2024 - 2026

Greetings to all!

I'm Mrs. Lyvette Washington, your A-PLUS Northeast President for the 2024-2026 term. Thank you for allowing me to serve A-PLUS in the capacity. In the Northeast, we invite individuals to learn and grow together as we grow our region. The region will

focus on membership and creating a safe space to develop the skills needed to advance in your career. Training throughout the region is conducted via ZOOM and in person. We hold networking events throughout the different chapters and host one regional event yearly. As one of A-PLUS leaders who is still actively working for the Postal Service, please understand there are not enough hours in a day or there is minimal extra time outside work to balance competing responsibilities. Still, I am committed to serving this great organization. In the Northeast Region, we volunteer to provide training and time to those who are willing to invest in themselves to reach their goals. We encourage all our members to get involved, stay committed and reach back to help the next person as we continue to grow the Region.

Once again thank you for the confidence you have placed in me to service as your A-PLUS Northeast Region President. If you have any questions, please email me at Mrs.aplusnj@gmail.com.

Lyvette Washington A-PLUS Northeast Region President





JOSEPHINE WOOLEY

Southern Region President

2024 - 2026

Greetings from the "He Ain't Heavy" Region,



Allow me to begin by saying THANK YOU for entrusting me to be re-elected and lead the Southern Region as President for the 2024-2026 term. I thank former National President, Wanda LaBarre and her administration for her unwavering dedication and many accomplishments during her tenure. As President of the Southern Region, I would like you to know that I have been a faithful member of A-PLUS since 1987, its inception, and I pledge to commit to our Founders' mission for A-PLUS wholeheartedly.

I consider it a privilege to join with National President Debra Clayton and fellow Board members to Promote, Mentor, Develop, Unify, Foster, and Serve all members of this great organization. As I reflect on my A-PLUS journey since I was honored to be installed as President of the Southern Region on April 25, 2024 for a Second term, I remain humbled and privileged to stand on the shoulders of the 11 Presidents before me to serve all members of the Great Southern Region.

Your efforts reflect phenomenal Growth and SET the Southern Region for enormous success for the 2024-2026 term. Our message remains the same. SET priorities from the Regional Officers down to the Chapter Officers, we had this via the acronym "**S-E-T**" which represents **Service, Engagement, and Training**.

SERVICE - Encourage and Equip your Chapter Members to serve in their postal and local communities; make an A-PLUS presence known through networking and connecting within the postal community by advertising through posters in facilities & bulletin boards, on Face Book & social media; promote the A-PLUS Brand through Community Service, Fundraisers, and Networking activities that help bring **A-PLUS Awareness**.

ENGAGEMENT - Engage members and representatives in the Aims and Goals of A-PLUS by attending postal events; host a booth in the Career Awareness Conferences and continue to **Recruit, Retain, and Reclaim** members who aspire upward mobility and/or desire to learn more within the Postal Service. Build a relationship with higher level Postal Managers and Executives.

TRAINING - Give your members a RETURN ON THEIR INVESTMENT by not just holding regular meetings to conduct A-PLUS business but center your meetings around a topic to enhance learning; have a training session on subjects that concern your local chapter members.

Now What is in store for the Southern Region? **A-PLUS Southern Region Conference is October 11-13 in Montgomery, Alabama at the DoubleTree Hotel.** The theme is: Embracing The 4 Ps of Change Management: People, Process, Purpose, and Performance. More information is forthcoming.

As Southern Region President, I want to express my gratitude and appreciation for your dedication and commitment to the "He Ain't Heavy" Region in your role as Officers and Members. Your efforts reflect that you make A-PLUS a priority, and I look forward to seeing greater accomplishments in the 2024-2026 term.

Josephine Wooley

Josephine Wooley A-PLUS Southern Region President jwool48@msn.com 404-713-5023 cell







AWANDA HAMPTON-GAINES Western Region President 2024 - 2026

As I reflect over the past 37 years of A-PLUS, I am so appreciative of the Founders that started this great training, mentoring, and developing organization. It fills my heart with gratitude for the CEO's of the Postal Service, its facilitators, past and present Postal Executives and Area Vice Presidents that have helped set the foundation to guide postal employees looking to enhance their postal careers. It gives me great pleasure to know that I have been



a part of all of this for 37 years. I worked for the Postal Service for 38 years, retired for 18 years and still the A-PLUS organization has my full support. I've seen clerks and mail handlers become Supervisors and Postmasters; Supervisors become Managers; Managers become District Managers and PCES Executive Postmasters and PCES Executives become Area Vice Presidents.

I've been a part of the Dorothy 'Dot' Sharpe Scholarship Committee that has given thousands of dollars to high school and college students past and present. The Founders are still supportive and because of them and the constant support of the National Executive Board the Postal Service has put its stamp on A-PLUS. Our logo speaks for itself the 'A-PLUS Stamp of Approval'.

Come join our organization, how could you not. We stand for excellence and what could get any better than that. I challenge you to join one of the greatest organizations to better your career. Don't stop pursuing your career goals... Be the best that you can be because the best is yet to come. It appears that A-PLUS keeps getting better with time. My moto is: Each One Reach One and Teach One, and so far I've watched a lot of employees reach down mentor, train and develop one another. That's what this great organization does and for 37 years we are still applying our mission to continue to see ALL employees succeed.

"Talk without being offensive, listen without be defensive and always leave your adversary with their dignity", John Hope Bryant

Awanda Hampton-Gaines Western Region President





REGINA AIKENS BROWN Interim Central Region Director 2024 - 2026

Greetings A-PLUS Family -

The rich history and legacy of A-PLUS is legendary, and I am honored to serve as Interim Director, Central Region. Among other objectives, we will be focusing on retaining and expanding our reach by increasing membership and adding value to all individuals most specifically, those within the



A-PLUS Central Area. Essential to this objective is facilitating training and providing access to information.

My career has been built on the foundation of providing exceptional service to our external customers and internal customers, our employees and teammates. I am currently assigned as Manager Customer Relations IL 1; my journey began as a PTF Sub Clerk ('super-sub'); I volunteered for new assignments and learned multiple schemes. I progressed to Account Rep, Account Rep Senior, Manager Commercial Accounts, Program Specialist GLA. I have been afforded several details to expand my knowledge base and skillset: A/Manager Customer Service Support, A/MDO, A/Plant Manager, A/MCSO, A/Manager Customer Service Loop Station and held an 11-month HQ assignment as a Product Specialist for the Postal Ad Network. More recently I served on detail as A/Consumer Advocate and was later assigned to the position in Chicago.

Finally, I am first generation from the great migration born in the south and migrating as an infant with my parents - in search of a better life. I was raised in Englewood on the southside of Chicago with southern values. My personal motto is:

"Helping and serving others is the price for living."

I look forward to working within A-PLUS to pass on the favor with which I've been blessed.

Regina Aikens Brown MBA, LSS Blackbelt Interim Central Region Director

Page 17 • A-PLUS National News Magazine • Special Edition • June 2024





PRESCOTT BUTLER Northeast Region Director 2024 - 2026

Greetings A-PLUS Family,

I have been a dedicated member of the African American Postal League United for Success (A-PLUS) with a distinguished career spanning three decades. I began my postal journey as a

Part-Time Flexible (PTF) letter carrier, and I rose through the ranks to retire as a Postmaster.

Much of my success is due to the guidance and training I received through A-PLUS. The organization's commitment to nurturing talent and providing professional development opportunities has been instrumental in shaping my career. Throughout my tenure, it has always been my aim to contribute to the APLUS mission of fostering professional development and equity among postal workers, giving back what was freely given to me.

My leadership positions within A-PLUS includes serving as Local Chapter President, Northeast Region Vice President, Northeast Region President, and currently in my second term as Northeast Region Director. In each of these roles, I have demonstrated a profound dedication to ensuring that A-PLUS remains a viable cornerstone of support and empowerment.

As the newly re-elected Northeast Director of A-PLUS, my goal is to continue to increase membership and champion initiatives that promote diversity, inclusion, and professional development by ensuring that A-PLUS's legacy of success endures for many future generations to come.





Southern Region Director 2024 - 2026

TINA FOSTER

Hello A-PLUS,

My name is Tina Foster. Your newly elected Southern Region Director. I have been an active member of A-PLUS since 2007. I am a member of the Memphis Chapter. I have served as Training Coordinator, Vice President and President of Memphis Chapter. I also had the opportunity to serve as Vice President of Retirees for the Southern Region.



I have thirty-six years of postal experience. I began my postal career in 1988 as a city letter carrier in Memphis, TN. I moved into management after completing the Associate Supervisor Program in 1999. I transferred to AL-MS District 2007, as Postmaster of Hernando, MS. I have held numerous managerial positions. I am currently Manager of Post Office Operations (MPOO) in the Tennessee District.

Lastly, I want to thank everyone that voted for me. I look forward to serving you as Southern Region Director.

Tina Foster, Southern Region Director







PAMELA BROOKS

Western Region Director 2024 - 2026

Greetings A-PLUS!

I began my career with the United States Postal Service in 1969 as a Distribution Clerk at the Oakland Plant, later known as Bay Valley, and held various positions over 46 years before retiring as Postmaster (EAS 21) from the Newark, CA Post Office on February 1, 2015. In April 2016, I joined Contra Costa College as



an Admissions and Records Assistant and was promoted to Admissions and Records Assistant II in June 2019.

A native of Oakland, California, and a graduate of Castlemont High School, I have been married to Rudolph Brooks Jr., a retired USPS Express Mail Clerk. We have three daughters, two sons-in-law, and five grandchildren.

I hold a Certificate and A.A. Degree in Management and Supervision from Laney College, a B.S. Degree in Management, and an MBA from the University of Phoenix. I also obtained certificates in Online Travel Marketing/Home-Based Business from Los Medanos Community College and took various courses at Contra Costa Community College from 2018 to 2021.

I was active with the APWU Clerks Union and held leadership roles in NAPUS, including Area Director II, Area Vice President, and California State Secretary. I served as CA NAPUS State President (2012-2013) and as NAPUS Area Vice President (2014-2015).

I served three terms as Western Region President of A-PLUS and currently hold the position of Western Region Director. A member since 1988, I remain committed to mentoring and training employees while promoting USPS goals.

I am on the Castlemont High School Alumni Board of Directors, a founder of the board, and active in my community, recently elected to the Board of Directors of my neighborhood HOA. I also serve as the Recording Secretary for the NCNW Alameda County Section and am a member of the Eastern Star, Queen Esther.

Pamela Brooks Western Region Director



When preparing for an interview, think of selecting your interview attire as the icing on the cake — that final detail that pulls all your efforts together.

When considering how to dress for an interview, use your best judgment and don't overthink it. You should choose clothes that make you feel comfortable and confident — nothing that you'd have to tug or pull at or something that would wrinkle easily on your commute to the interview.

- Avoid revealing clothing and anything that doesn't fit properly.
- Check for stains, snags, pet hair and holes. Make sure it's cleaned and ready a few days before your interview.

The night before the interview, lay out or hang up your outfit. It should be out of reach of children, housemates or pets.

How to match your outfit to the workplace

Because you've already <u>researched the company</u>, you should have a sense of the workplace and what level of formality is appropriate. Look at photos on their social media sites to get a sense of what people wear at the office.

For more casual workplaces, professional-looking casual job interview attire is appropriate. For women, this could mean:

- Dark jeans, a blouse and cardigan
- A knee-length skirt and button down shirt or blouse
- Both options can be worn with flats or heels, avoid open-toe shoes

For men, this could mean:

- Dark jeans or slacks and button down shirt or polo
- This can be worn with any closed-toe shoes that are neat and clean.

For a business casual environment, you'll need to dress up a bit more. For women, this could mean,

- · Black or navy dress pants or pencil skirt
- Button down shirt and cardigan or jacket
- Flats or heels are appropriate

For men, this could mean,

- Black or navy dress slacks with a belt, button down shirt and tie
- A blazer is optional
- Oxfords or loafers

For a formal workplace, wear a dark-colored suit. For women this can be a tailored dress with matching jacket or suit pants or skirt with matching jacket. For men, this means suit pants and jacket with a button down shirt and tie.

https://www.indeed.com/career-advice/interviewing/how-to-dress-for-a-job-interview

Page 21 • A-PLUS National News Magazine • Special Edition • June 2024







Public speaking: (sometimes termed oratory or oration) is the process or act of performing a presentation (a speech) focused around an individual's direct speech to a live audience in a structured, deliberate manner in order to inform, influence, or entertain them.



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Page 22 • A-PLUS National News Magazine • Special Edition • June 2024



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BY HILTON

SAVE THE DATE A-PLUS 35TH ANNUAL SOUTHERN REGION CONFERENCE

OCTOBER 11-13, 2024

THEME: "EMBRACING THE 4 PS OF CHANGE MANAGEMENT: PEOPLE, PROCESS, PURPOSE AND PERFORMANCE"

HOST: MONTGOMERY CHAPTER BRENDA BELL, PRESIDENT JOSEPHINE WOOLEY, PRESIDENT, SOUTHERN REGION

HOTEL: DOUBLETREE BY HILTON 120 MADISON AVENUE MONTGOMERY, AL 36104 PHONE: (334) 245-2320



Page 23 • A-PLUS National News Magazine • Special Edition • June 2024







WHAT IS A-PLUS?

A-PLUS, a non-profit postal association was organized in 1987 for the purpose of mentoring and developing African-American and other postal managers towards a successful career path. Although it was understood that African-Americans in the Postal Service were receiving training and some upwardly mobile opportunities through Affirmative Action and other programs, it was clearly obvious that many African-American managers lacked some of the primary tools necessary for immediate consideration and placement in mid-level, upper and executive management.

A-PLUS was established on the premise that while a significant number of African-Americans in the Postal Service have the required education, experience, skills, and the desire to pursue advanced management, there continues to be other considerations and needs for minorities. These special needs -- mentoring with confidence, personal development, networking, self-help education, for example - are major focal points for A-PLUS.

Only a small number of African-American managers spearheaded A-PLUS thirteen years ago. Today, the membership stands at over 1,000 and is growing. There are currently 40 active chapters throughout the United States and an intense campaign is underway to create more wide-spread involvement and recognition.

The A-PLUS membership consists of associate members, mid, upper, and executive managers who contribute their personal time and resources to help those in search of career advancement.

MISSION STATEMENT

The mission of A-PLUS is to promote the goals of the United States Postal Service, unify, and mentor African-American EAS/PCES employees and to monitor the statistical progress of minorities in hiring, promotions, separations, details and assignments, while forming beneficial alliances with organizations such as the NAACP, LUNA, NETWORK, corporate sponsors, and other supporters.

Page 25 • A-PLUS National News Magazine • Special Edition • June 2024





THINGS EVERY A-PLUS MEMBER SHOULD KNOW

Below is a list of some things that as a member of A-PLUS, you should know. The things listed are in no order. Please keep a copy of this with you when you are attending meetings etc.

1. CHAPTER MONTHLY MEETINGS

A-PLUS chapters should have a meeting at least once every month. There should be a specific date, time and place for these meetings. When changes occurs such as the dates, times and the place, you must notify all members of the change in a timely manner. (preferably in writing). An email or minutes in the mail from the last meeting could be the method to use.

2. GUEST SPEAKER/SUBJECT MATTER EXPERT

During at least eight (8) of the monthly meetings, you should have some type of training or a guest speaker come in (preferably an expert in the topic or training to be discussed), from the plant, District or Area office or outside of the Postal Service.

3. MEETING MINUTES

Prior to the monthly meeting you should receive a copy of the prior monthly meeting minutes from the local secretary; if you do not receive the minutes in the mail or by email prior to the meeting then there should be typed copies available for all members at the meeting.

4. MONTHLY TREASURER'S REPORT

At each monthly meeting all member should receive a typed copy of the treasurer's report. That report should, at the least, contain a beginning and ending balance for the prior month. It should include a breakdown of all money taken in and all moneys spent out during the prior month. Also, an original copy of the latest bank statement should be available for members to review. (This must be complied with. The bank statement should be no more than a month old and presented each month to the membership to review if they chose to do so).

5. MEMBERSHIP

Starting July 1, of each year and continuing for the remainder of the year, new members (meaning a person that has never been a member of A-PLUS) can join A-PLUS for half price. That means that an EAS member can join for \$50 and pay the one-time initiation fee of \$25 and a craft employee or non-postal persons can join A-PLUS for \$25 and the one-time initiation fee of \$25.

Do not deny new members the right to join the organization for half price. You would be doing them and the organization an injustice to take the full price money when you know that they should be paying half price. In fact, after the National in April or May if you have new members then ready to join you can hold their dues until July 1, and they can join for half price. You are reminded, do not take their full price dues money and then wait until July 1 and send in the half price money and your chapter keep the other half. Do not do that, if you have taken the full dues and have not turned the dues money in to the national yet then you can refund the new member half of their dues and they can join for half price.

6. ELECTED OFFICER'S POSITION

You cannot hold two elected officer's positions at the same time. If you are elected to a position at the national level, you cannot at the same time hold an elected office at the region or a local chapter. And you cannot hold two elected positions at the national, regional or local level of the organization.

7. ANNUAL REGIONAL CONFERENCES

Each region should have a one or two-day conference each year. A-PLUS's Constitution and Bylaws states that annually each region should hold a conference with the exception of the region that hosts the National convention. I would suggest that each Region, meet every year, even the year they host the National Convention and meet for one day. It is urgent that you meet as a Region to discuss Regional business. Especially, things such as membership, training, networking and the kinds of things that allow Regions to grown. There is no time at the national convention to discuss or acted upon regional specific items.

Page 26 • A-PLUS National News Magazine • Special Edition • June 2024





THINGS EVERY A-PLUS MEMBER SHOULD KNOW (cont.)

8. PLANNING ON ATTENDING A REGIONAL/NATIONAL CONFERENCE

It is critical that you start as soon as you can prepare for the Convention/Conference. Always try to get the Early Bird Conference rate. Reserve your room at the hotel as soon as you can start booking rooms (you can always cancel a room). Usually you have from 24 to 48 hours prior to check in time to cancel without a penalty. Start checking for cheap flights (if you are flying) at the least two or three months out. Your chapter can have fund raisers during the year to help pay members registration or other parts of the trip. Usually if a chapter is able they help send their President to the Convention/Conference.

9. APPROVED LEAVE

Next, you want to put in for annual leave for the days needed to attend the National Convention/Regional Conference. Do not leave for the convention/conference without approved annual leave for the workdays you will be away. When you leave your official work location, without prior approved annual leave, you put your job in jeopardy and the job of any high-ranking official from your facility that attends the Convention/ Conference and see you there. You must adhere to the rules regarding your employment and A-PLUS does not support any action contrary to the Postal Service leave policy. We want you at the convention, but we want you there legally.

10. PERSONAL E-MAIL

A-PLUS conduct most of its communication by way of email. It is essential that you check your email at least every other day, especially if you hold an office and it does not take long to check it. When you wait weeks and some months then yes you may have more emails than you care to read. Most of what I send out is important information that you need to know. If you do not have an email address you can get one free from A-PLUS if you are a paid member. If you want to inquire about A-PLUS email, you can contact Mr. Darryl Joseph, Web Manager, at <u>di@aplus.cc</u>.

11. A-PLUS WEBSITE

A-PLUS has a web site and it will be updated at the least every quarter. You should visit it regularly for new updated messages. You can log on to our web site at <u>www.aplus.cc</u>. If you are an officer, you should check your email messages at the least every other day. Members should do the same because every time the President or Vice-President get information they should pass that information on to their chapter members.

12. STARTING A NEW CHAPTER - WHAT TO DO?

What do I need to do to start a chapter? I'm glad you asked. If you are interested in starting a chapter, find out which Region you belong to. Contact the Regional President or any Regional officer for the requirements which include having a minimum of 7 paid members, with at least 2 members as EAS employees. The interested group will be required to work with the Regional President and other officers who will provide further details and host informational meetings about A-PLUS. Pending Region consent, you will be required to submit a written request confirming the completion of the requirements to the National Administrative Vice President for submission and approval by the National Board of Directors to charter a new chapter. Remember, "Leaders of Tomorrow are Members of A-PLUS Today!"

Once approved, a Regional officer will meet with your new chapter for an A-PLUS orientation. They will provide copies of the Regional and National Constitution and Bylaws, discuss meeting, training and reporting responsibilities, the history of A-PLUS and explain what A-PLUS is and is not to ensure compliance with the organization.

13. WHO CAN JOIN A-PLUS

Anyone regardless of race, sex, color or any other prohibiting factor can be a member of A-PLUS if they abide by the principles outlined in our Constitution and Bylaws. Members can range from EAS or craft employees or they can be non-postal such as a spouse or friend. Prospective new members and friends are always welcome to A-PLUS meetings and training sessions. Bring a friend to your next A-PLUS meeting.

Education is the key to any organization. Be an informed member!



Page 27 • A-PLUS National News Magazine • Special Edition • June 2024



<u>ACTIVE MEMBER</u>: An active member is a career or retired PCES or EAS Postal Service Employee, who meets all financial requirements for the current year, the fee is \$100.

<u>ASSOCIATE MEMBER</u>: An associate member is a member who is a non-PCES/EAS employee and/or non-postal individual who is interested in supporting the goals of this Organization, the fee is \$50

INITIATION FEE: A one-time initiation fee is assessed to each new member, both active and associate, and must be paid

prior to becoming a member in good standing with the Organization, the fee is \$25.

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Page 28 A A-PLUS No	ational News Magazine + Special Edition + June 2024