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## PRESIDENT'S REPORT

By Roger Askew

## RAY KREYER AWARD

I announced at the last two branch meetings that the selection for the Ray Kreyer Award will be done at the Executive Board meeting on August 27th. Each year the branch selects a member that has contributed above and beyond the call of duty. The executive board will make the deciding vote, and the award will be presented at the annual picnic on September 7, 1997

## UPS STRIKE

As I write this months article the United Parcel Strike is effecting each of us. We have seen a large jump in Express Mail and an overall increase in Priority Mail. Parcels that were taken to our competitors before are being delivered by us again. Sure we should be glad for the business but maybe we should look at the larger scale.

We should be watching this very closely as I wouldn't be surprised if management attempts the same tactic at our bargaining table next year. Whether it is management at United Parcel or at the Postal Service the story is very similar. I can just hear it now.... "We need more Casual and Transitional Employees to be more competitive in the World Market".

Three years ago during contract negotiations management said they required more flexibility in the hiring of part time workers during the transition into automation. Here in Van Nuys we have the protection of 88% full time versus 12 % part time employees in Article 7 of the national agreement. Small offices like Sun Valley and Tarzana that do not have this same benefit because they have less than 200 man years for each unit. We see the ever increasing maneuver by management to hire temporary help to replace full time employees that have either retired or have left the postal service. What we should be doing is hiring career employees to replace those that have left.

We are all aware that UPS has \$ 24 per hour drivers, but how about those part time employees working during the night making \$ 8 per hour? Just over half of the employees at United Parcel are full time employees. If Marvin Runyon would have his way we would see an increase in transitional or casual employees to the maximum extent possible.

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1997  
PICNIC  
EXTRAVAGANZA

**SUNDAY, SEPT. 7th**  
**10:00 am - 4:30 pm**

**RANCHO SAN ANTONIO BOYS TOWN**  
**21000 Plummer St. (at Desoto)**  
**In the West San Fernando Valley**

**DIRECTIONS: 118 FREEWAY** - Take 118 Freeway to Desoto Exit. Go South 1.5 miles to Plummer St. Turn right.

**101 FREEWAY** - Take 101 Freeway to Desoto Exit. Go North to Plummer - Turn Left.

## TICKETS

Members, spouse & children living at home .....  
Single members & 1 guest in lieu of spouse.....  
**Guests: Limited supply**.....  
Children under 6 .....  
Children 6 to 12 .....

## CARRIERS

Picnic sign-up sheets will be available at each carrier station. You **MUST** sign up to receive tickets. **Guests must be listed on sign-up sheets to receive tickets and prepaid. There is a limited supply of guest tickets. First come - First served. LAST DAY FOR SIGN UP IS AUGUST 29, 1997**

## RETIREE'S

Contact **FRANK RIMKUS** (818) 892-7118 or Branch Office (818) 786-8505. Tickets will be picked up at the gate registration table the day of the picnic. **TICKETS MUST BE ORDERED BY AUGUST 29, 1997**

## FOOD

All you can eat will be served from **12:30 pm too ??**  
Chicken, Tri-tip, Hot Dogs, Potato Salad, Ice Cream and much, much more.

## DRINKS

Beer, Wine and Soft Drinks will be served

## PICNIC GAMES

18 Lawn Games will Start at 11:00 am  
Strolling Clown will entertain from 12:30-2:30 pm  
Up to 10 games of Bingo from 2:30 - 4:00 pm  
**SUPER HERO'S WILL APPEAR AT 2:30**

**DOOR PRIZES FOR UNION MEMBERS ONLY--MUST BE PRESENT TO WIN**

## SWIMMING POOL

Olympic size pool with diving board.

**"COME AND ENJOY THE FUN"**

"The MailCall" is published monthly by "Heart of the Valley Branch 2462, NALC, 6910 Hayvenhurst Ave., Suite 101, Van Nuys, CA 91406 in the interest of and for the Letter Carriers of the Van Nuys Post Office and its Stations. ARTICLES FOR PUBLICATION MUST BE IN THE HANDS OF THE EDITOR ON THE 21ST DAY BEFORE THE REGULAR BRANCH MEETING. ALL ARTICLES MUST BE TYPED OR ON COMPUTER DISK WITH SINGLE LINE SPACING. The Editor reserves the right to delete any article he deems necessary, improper, or unfit. All opinions expressed are those of the writer and are not necessarily those of the Editor or Branch 2462, NALC. The views expressed in this document are those of the author and do not necessarily represent the official views of the U.S. Postal Service. In the hopes that any material contained herein may be of benefit to your Branch and the goals of the NALC, permission is granted to copy and/or use any material in this publication with our best wishes.

## O.W.C.P. Report by Art Bocek

### OWCP on the Web

OWCP in the very near future will soon have a San Francisco Region, "Region IX," it's own web site. From this new web site useful information regarding OWCP will be available. Look for this site in early August of 97. This web site address will be as follows:  
<http://www.dol.gov/dol/esa/public/contacts/owcp/9sf.htm>  
 Until such time the above cited web page is operating, information can be accessed at the National OWCP Internet-www site. This web site address will be as follows:  
[http://www.dol.gov/dol/esa/public/owcp\\_org.htm](http://www.dol.gov/dol/esa/public/owcp_org.htm)  
 The "Region IX" web site will have a link to the National OWCP web site, and also make available valuable reference information such as FECA, regulations, procedures, and non-technical publication, such as Injury Compensation for Federal Employees - A Handbook for Federal Employees (Publication CA-810).

### Prompt Submission of Claim Forms

OWCP sent letters to 100 various federal agencies including the Postal Service. This letter informed the various agencies of OWCP's intent on a national initiative to improve the timeliness in the submitting of key claim forms. The forms OWCP is referring to are as follows: CA-1, CA-2, CA-7 and CA-8. OWCP restated to the agencies including, the Postal Service, of the regulatory time requirements of submitting the above cited OWCP forms and also sent performance statistics to various agencies including the Postal Service. A follow-up letter was sent to the various agency's, including the Postal Service. Shortly thereafter, OWCP sent out "account representatives" to meet with the various headquarters officials, including the Postal Service, in order to advise the various agencies of their agencies performance regarding the timely submission of claim forms. The goal of OWCP was to generate 50% improvement in submitting claim forms within the required time frames.

Among many agencies, including the Postal Service, OWCP recognized significant delays in the submission of claim forms continued. OWCP believes that timeliness can be improved by just simply following:

1. Additional training for supervisors.
2. Review of the internal claims processing to remove obstacles to timeliness.
3. Close monitoring by the agency for timeliness.

You ask, "Where am I going with all this ?" Well, here are some of the statistics OWCP was referring to regarding timeliness in claim processing. You be the judge, and jury. In order for the Postal Service to be timely in the submission of a CA-1 and CA-2 Form, management has only 14 calendars days to get a claim form to OWCP from the day the employee submits the claim. During the period of 10/96 through 12/96, nationally the Postal Service was timely in only 51.2% of claims. After all the was said and done by OWCP, the Postal Service nationally improved its timeliness in the submission of

(Continued on Page 5)

## ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N	D
MAIN OFFICE	8	7	6	8	6	5	4	4				
ENCINO	6	6	4	7	5	6	5	7				
CIVIC CENTER	2	2	3	1	1	1	1	0				
PANORAMA CITY	2	1	3	1	1	2	1	2				
SHERMAN OAKS	9	8	9	10	6	9	9	8				
SUN VALLEY	0	2	2	3	3	3	1	1				
TARZANA	1	1	1	1	1	1	0	1				
RETIREE'S	6	7	7	6	8	7	6	4				
TOTAL	34	35	35	37	31	35	27	27				

MEETING PLACE OF BRANCH 2462, NALC  
 6910 HAYVENHURST AVE., SUITE 101  
 VAN NUYS, CALIFORNIA

NEXT MEETING  
**\*\*6:00 PM\*\***

**September 9th**  
**1997**

DEADLINE DATE FOR THE NEXT  
 ISSUE OF "THE MAIL CALL" IS

**September 16 th**

BRANCH OFFICE.....818-786-8505  
 SICK CALL  
 FRANK RIMKUS..... 818-892-7118

### "RETIREE CORNER"

Our monthly fourth (4th) Saturday Breakfast Meeting will be held at Carrow's Restaurant (Roscoe & Tobias) at 09:00 am in Panorama City. The date will be **September 27, 1997** Please mark your calendar's and we hope to see you there. Regular Carriers are also welcome, if it is your day off.  
 Thanks  
 Frank Rimkus

## VICE PRESIDENT'S REPORT

By Calvin Brookins

E.P.E.D. (EVERY PIECE EVERYDAY)

HIS MAY BE THE WORST IDEA MANAGEMENT HAS COME UP WITH IN RECENT YEARS, IF YOU WANT TO CALL IT AN IDEA. THE WAY THIS SO CALLED PROJECT IS supposed TO WORK IS MANAGEMENT SENDS AN EMPLOYEE FROM ALL STATIONS WITHIN THE VAN NUYS AREA TO THE BACK DOCKS OF THE SHERMAN WAY AND HASKELL BUILDING THOSE EMPLOYEES HAVE WITH THEM ALL MAIL THAT CAME TO THEIR STATIONS, THAT BELONG TO ANOTHER STATION. ONCE ARRIVING AT THE SHERMAN WAY AND HASKELL BUILDING THEY PLACED ALL MAIL THEY HAVE INTO THE APPROPRIATE BINDS BY ZIP CODES, THEN THEY PICK UP ALL MAIL FOR ZIP CODES AT THEIR STATIONS, AFTER RETURNING TO THEIR OFFICES, A CLERK TAKES THE MAIL AND SORTS IT INTO THE THROW BACK CASE BY ROUTE, IT IS THEN PULL FROM THAT CASE AND SENT TO A DESIGNATED RELAY BOX ON THE STREET AND LEFT FOR THE CARRIER TO PICK UP AT A CERTAIN TIME OF THE DAY. SOME OF THE MAIL YOU PICK UP, YOU MAY HAVE ALREADY MADE A DELIVERY TO THAT ADDRESS WHICH MEANS YOU WILL HAVE TO GO BACK TO THAT ADDRESS AGAIN. IF MANAGEMENT WOULD HOLD MAIL PROCESSING ACCOUNTABLE FOR DOING THEIR JOBS, MAYBE WE WOULD NOT HAVE E.P.E.D. MAIL. HOWEVER WE DO HAVE THIS MAIL, AND WE'RE OBLIGATED BY VIRTUE OF OUR EMPLOYMENT TO DELIVER THIS MAIL, YES I KNOW IT IS A WASTE OF TIME, A WASTE OF MONEY, A WASTE OF GAS, AND IT MAKES YOU AND THE U.S.P.S. LOOK STUPID WHEN YOU GO BACK WITH A PIECE OF MAIL THAT IS PROPERLY ADDRESSED, AND YOU HAVE TO EXPLAIN TO THAT CUSTOMER WHY THIS MAIL WENT TO THE WRONG OFFICE, I USUALLY TRY TO LET MY SUPERVISOR EXPLAIN THIS TO THAT INQUIRING CUSTOMER (CUSTOMER SERVICE NUMBER 1-800-ASK-USPS). THE BOTTOM LINE HERE IS WE CAN'T MAKE THE DECISION ON OUR OWN TO CURTAIL OR NOT DELIVER THIS MAIL. MANAGEMENT IS DOING UNDERHANDED things such as MARKING AND MAKING photo copies of the E.P.E.D. Mail, THEN THEY COME TO YOUR CASE THE NEXT DAY TO SEE IF THAT PIECE OF MAIL IS IN YOUR CASE. THE QUESTION THAT I GET A LOT IS HOW DO YOU KNOW HOW MUCH TIME TO ASK FOR IN ORDER TO DELIVER E.P.E.D. MAIL. THE WAY I DEAL WITH THIS IS I ASK FOR TRAVELING TIME TO AND FROM THAT RELAY BOX, YOU HAVE BEEN INSTRUCTED TO GO TO THAT RELAY BOX TO PICK UP ANY MAIL THAT MAY HAVE BEEN LEFT THERE FOR YOUR ROUTE. I THEN DETERMINE HOW MUCH TIME I NEED TO GET THAT MAIL DELIVERED AND INCLUDE TIME I SPENT MAKING THE PHONE CALL TO THE POST OFFICE. IF MANAGEMENT Authorizes YOU TO BRING YOUR E.P.E.D. MAIL BACK TO THE OFFICE YOU SHOULD RECORD THAT ON A FORM 1571. 131.46 OF THE M-39 HANDBOOK STATES AS FOLLOWS DO NOT CURTAIL OR ELIMINATE ANY SCHEDULE DELIVERY OR COLLECTION TRIP UNLESS AUTHORIZED BY A MANAGER IN WHICH CASE YOU MUST RECORD ALL FACTS ON FORM 1571 REMEMBER C.Y.A.) COVER YOUR A?? ..... YOUR RIGHTS UNDER F.M.L.A.

THE FAMILY MEDICAL LEAVE ACT OF 1993 WAS INITIATED TO PROTECT EMPLOYEES FROM BEING DISCIPLINE OR LOSING THEIR JOBS FOR IRREGULAR ATTENDANCE IN THE EVENT THAT THE EMPLOYEE NEEDED TO TAKE TIME OFF FROM WORK DUE TO A COVER ILLNESS OR TO CARE FOR A FAMILY MEMBER

WITH A SERIOUS HEALTH CONDITION. A LOT OF OUR MEMBERS ARE NOT TAKING ADVANTAGE OF THIS PROTECTION DESPITE THE UNION EFFORTS TO GET THE WORD OUT.

WHAT CONSTITUTES A SERIOUS HEALTH CONDITION?

ONE THAT INCAPACITATES YOU FOR 4 DAYS OR MORE WHICH REQUIRES YOU TO SEE A DOCTOR ONE OR MORE TIMES FROM A HEALTH CARE PROVIDER. A CONDITION COULD ALSO BE CHRONIC SUCH AS DIABETES. A CONDITION MAY REQUIRE ONLY INTERMITTENT TIME OFF WORK WHEN THE CONDITION FLARES UP SUCH AS ASTHMA. WHO ARE CONSIDERED FAMILY MEMBERS?

A SPOUSE, PARENT, (OR PERSON WHO STANDS IN THE PLACE OF THE PARENT), OR CHILD UNDER THE AGE OF 18 ( UNLESS THE CHILD IS UNABLE TO CARE FOR THEMSELVES AFTER AGE 18).

HOW DO I GO ABOUT USING FMLA?

IF YOU ANTICIPATE THE NEED FOR FMLA TO CARE FOR YOUR OWN SERIOUS HEALTH CONDITION OR FOR THAT OF A FAMILY MEMBER, YOU MUST MAKE YOUR SUPERVISOR AWARE OF THE AMOUNT OF TIME NEEDED AND THE REASON, AT LEAST 30 DAYS IN ADVANCE IF POSSIBLE. IF THE LEAVE IS NOT FORESEEABLE, YOU MUST MAKE THE SUPERVISOR AWARE OF THE TIME NEEDED AND THE REASONS AS SOON AS PRACTICABLE. YOU SHOULD FILL OUT A 3971 REQUESTING THE LEAVE AND NOTE FMLA ON THE FORM. IF THE FMLA REQUEST IS DISAPPROVED CONTACT YOUR STEWARD OR CALL THE UNION OFFICE ASAP. IT IS MORE DIFFICULT TO FIGHT A CASE AFTER THE FACT THAN ON THE SPOT, SO DON'T DELAY. LETTER CARRIERS HAVE TRADITIONALLY WANTED KEEP MEDICAL SITUATION PRIVATE. THIS IS NOT ALWAYS THE BEST WAY TO GO CONSIDERING THAT THE FMLA REQUIRES THAT MANAGEMENT HAVE SOME KNOWLEDGE OF WHAT THE CONDITION IS WHICH REQUIRES THE LEAVE. THESE ARE NOT THE COMPLETE RIGHTS AND REQUIREMENTS, SO IF YOU HAVE ANY QUESTIONS ABOUT THE NEED AND USE OF FMLA IN A SPECIFIC CIRCUMSTANCE, CONTACT YOUR SHOP STEWARD OR THE UNION OFFICE. REMEMBER KNOW YOUR RIGHTS.

### LOOKING FOR DISABILITY INSURANCE

???

The CSALC endorsed Short Term Disability Plan is Here!!

FULLY INSURED  
DISABILITY INCOME REPLACEMENT  
LOW COST GROUP RATES  
BENEFITS ARE NON-TAXABLE  
BENEFITS ARE PAID--AFTER 7 DAYS OF TOTAL  
DISABILITY AND UP TO 52 WEEKS DURATION

DOES THIS MEET YOUR NEEDS ??

DISABILITY AMOUNT AMOUNT	ALLOTMENT
\$ 300.00	\$ 6.00
TO	TO
\$ 1500.00	\$ 29.00

BROCHURES WILL BE AVAILABLE AT OUR  
SEPTEMBER MEETING

Velma McClinton

# SOLIDARITY

by  
JASON COLELLO

Long Beach harbor was shut down on July 12, 1997, when eleven harbor pilots chose to strike after contract negotiations, to raise their pay status to the national average, had collapsed.

The harbor pilots, however, were not the sole cause for shutting down the second busiest port in the nation, longshoreman and truck drivers contributed to the plight of the harbor pilots.

In a show of solidarity, some 1500 dock workers joined the harbor pilots strike by refusing to cross the picket line. Solidarity reached as far as the truck drivers, who transport the incoming cargo to its final destinations, who refused to show up at the port. Long Beach harbor was frozen, because of solidarity.

Even with two supervisors piloting harbor traffic, precious cargo did not move. Sitting motionless on deep-bellied cargo ships, the merchandise going unsold; the perishables, perishing. Profit, lost. This glorious sight brought to you by, "Solidarity".

So, eleven sisters and/or brothers were able to effectively shut down a major U.S. port, because of a bond that is stronger than steel; that of solidarity.

We union members refer to each other as "sisters and brothers", because we are all "family". As a family we endure many hardships together. If a sister or brother should fall, the rest of the "family" shall raise our fallen to their feet. When a battle must be fought, all sisters and brothers fists are combined into "one large fist" of solidarity, to strike a mighty blow against those aggressors whom threaten our family.

And as a family, we all partake in the fruits of our labor; such as a favorable contract or good working conditions, even hard fought benefits such as health care and being treated with dignity and respect. As one large family, we fight for the well being of our sisters and brothers, solidarity.

We sisters and brothers of the National Association of Letter Carriers are by no means restricted to our own familial internal battle with management. Our carrier family is but a single branch on the oak tree of organized labor. Our "branch" grows next to the United Auto workers "branch", alongside the Steelworkers and Farmworkers, just below the Longshoreman and the Harbor Pilots. Many, many branches, all sharing the same roots; that of fair treatment and fair wages.

However, we as labor, must continually fend off the in-human chain saw of "profit mongers", consuming smaller branches and damaging larger ones.

So, as one large family that spans the nation, we can effect strategies to benefit the well being of our family. Strategies such as boycotts. For instance; farm owners attempt to break the backs and demoralize, not to mention underpay, our Farmworker sisters and brothers, the rest of the family may offer solidarity in the form of "boycotting" the farm owners product. Sister and brothers boycott the product; their families boycott the product; their friends boycott the product; and so on. Boycotting is an effective tool when actively pursued, but harmless lip-service when not acted upon by the "entire family".

The boycott is the one major tool that carriers can actively participate in supporting other unions and their struggles.

Another tool of solidarity is that of a union "striking" in support of another union's (related work conditions) plight, just as the 1500 plus longshoreman and the truck drivers participated in by refusing to cross the harbor pilot's picket line. Solidarity.

"An injury to one, is an injury to all". So if you should strike down my sister or brother, you are striking me; and millions of others. Prepare to pay the price! Solidarity.

However, we as letter carriers, are precluded from participating in a "strike", whether to benefit ourselves or to support other related unions in solidarity: the letter carrier is not allowed to strike, nor should we if the right was ours (another can of worms. See *Agenda 2000, part 3*).

However, organized labor has seen a steady decline in membership over the past forty years, mainly due to stockholder profit grabbing and megamergers. Current corporate thinking mimics "days of yore" when the industrial revolution was but an infant: product makes money, labor costs money, so make more product and pay less for labor.

Anti-fair labor acts such as NAFTA, which allows big-business to increase profit margins by moving American jobs to Mexico where labor and materials are dirt-cheap, has also contributed to the anti-organized labor movement.

Large automotive giants attempt to circumvent contracts they negotiated with their autoworkers by out-sourcing union work ( something we have seen recently with Emery being awarded the contract to process USPS priority mail along the Eastern seaboard ) to underpaid non-union labor, in order to impress their stockholders,

There are even those sisters and brothers who do not wish to be part of the family, and they inadvertently play into the hands of those whom oppose organized labor, to be used as virus that always seems to restrict growth; resisting solidarity because it is too much of an inconvenience.

In the fifties, organized labor accounted for over 30% of the work force. Today, less than 15% of the entire work force is organized ( I had read this statistic at a seminar at the National convention in '96, however, I cannot recall the source).

It is because of the above wrong-doings, that organized labor needs to rediscover its roots and become a close-knit family as it had been in the past. When challenges arise from our aggressors, we need to collectively protect "all sisters and brothers" with solidarity actions such as boycotts, picketing, and public information (off the clock).

The preservation of our "family" is predetermined by the solidarity we can afford one another; stand as one and we all shall prevail, stand alone and be consumed by those who see \$\$\$\$. 1500 longshoreman and truckers would not let those eleven harbor pilots bear the brunt of unfair treatment, and stood by one another, as one; in solidarity.

*The Revolution is Calling.*

## PRESIDENTS REPORT (Cont. from Page 1)

A recent article in the Federal Times said that "Good jobs in this country are not being lost to NAFTA or other laws congress passes but they are being lost to GREED. United Parcel is a management owned company with no public sales of stock, with the managers organized into a pyramid scheme that sucks most of the profits up and ever upward into the pockets or management". How true is this statement in the postal service today...

The most unbelievable line I have heard in the upper echelon of management last week is that we can't handle the increase in volume. Management at it finest!!!! Customers can't mail more than 4 parcels at a time, however management has made no attempt to handle the volume of Express Mail that is coming in. Stations are receiving large quantities of Express Mail as late as 11:30 AM from the "Eagle Run" that we would normally get from the 9:00 hub run. Where's the hold up?? Don't ask supervision...all you'll get is a blank stare and an "I don't know" Instead of dealing with the increase in business they sit and do nothing but complain about the increase in hours it is taking. Maybe the craft should give management a "Fact Finding"

Enough for now. Have a great labor day holiday and as you are sitting around the homestead or cooking at the bar-be-que remember that this is our day for celebrating. See you at the Picnic!!!

## OWCP (Continued from Page 2)

claim forms during the period of 1/97 through 3/97 to 52.3%. Well, so much for the other 47.7% of claims submitted by employees. CA-7 and CA-8 Forms which start payments to injured or sick employees, need to be submitted to OWCP within 7 calendar days from the day the claim is filed by an employee.

The Postal Service nationally was timely in submitting to OWCP CA-7 and CA-8 Forms during the period of 10/96 through 12/96 by 27.2%. During the period of 1/97 through 3/97 the percentage became 30.8%.

This story gets worse rather than better as you go lower in the management food chain of command. Additional published information by OWCP breaks down to each district within the responsibility of an OWCP District Office. Within the Van Nuys District, during the period of 10/13/96 through 1/31/97, the percentage of timely submission of CA-1 and CA-2 Forms by management is 40.41%. During the period of 7/01/96 through 1/31/97, the timely submission of CA-7 and 8 Forms by management in the Van Nuys District was 21.09%.

Why can't management give out the usual disciplinary actions instead of "Superior Accomplishment Awards" to those in management who seem not to be able to do their and get OWCP forms submitted in a timely manner to OWCP? There are ways one can protect oneself from management's "mis-management," but that will be in the next issue of the Mail Call.

Remember, "Either use or lose your rights."

## COLCPE DONATIONS

Odil Sabbe Jr. ....	\$ 50
Jesse Greenfield .....	\$ 50
Randall Catlett.....	\$ 26 - \$ 49
Wilbur Dalton .....	\$ 26 - \$ 49
Bernice Harkness .....	\$ 26 - \$ 49
Harry Holmgren .....	\$ 26 - \$ 49
Raymond Kelwin .....	\$ 26 - \$ 49
Richard Milfs .....	\$ 26 - \$ 49

## WELLNESS FACTS

by  
JIM TUKESBREY, HBR

Broccoli is a good source of Calcium. One cup, chopped and cooked, supplies nearly 180 mg., about 60% as much as in a cup of milk. This Calcium is as well absorbed by the body as that in milk, according to a recent study from the USDA. In contrast, though, Spinach also rich in Calcium is poorly absorbed because of the presence of absorption-blocking compounds called Oxalates. The Calcium in Snap Beans, also known as "String Beans", though there is less of it than in Broccoli, is also well absorbed.

With a few exceptions, studies have shown that eating fish helps protect against heart attacks. The latest study, published in the New England Journal of Medicine in April, followed 1800 men from the Chicago area for 30 years and found that those who ate at least eight ounces of fish a week had a 40 % lower risk of fatal heart attacks than those who ate no fish. The lead researcher speculated that much of the fish eaten during the course of the study was canned tuna.

## For Your Information

Copies of the testimony that came before the sub-committee on the Postal Service, House committee on government reform and oversight dated for release April 24, 1997 has been made available to the Branch. Any member interested in reading the material may contact me at the Union Office

Velma McClinton

# "THE MAIL CALL"

## BRANCH 2462, NALC

Steve Seyfried, Editor

6910 Hayvenhurst Ave., # 101

Van Nuys, CA 91406

Address Correction Requested

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
VAN NUYS, CA  
PERMIT No. 314

college education at PRINCETON UNIVERSITY in the Fall.  
PRESIDENT ASKEW                      The postal service is balk-

### Branch Meeting Minutes August 5, 1997

By  
Steve Seyfried, Secretary

The Meeting was held at the Branch 2462 Union Hall 6910 Hayvenhurst Ave, Van Nuys California. It was called to order by PRESIDENT ROGER ASKEW at 6:02 p.m. The Pledge of Allegiance was led by TEENAMARIE GALLEGOS. The invocation was led by FRANK RIMKUS

#### ROLL CALL OF OFFICERS

**PRESENT**--ASKEW, SEYFRIED, BRASH, TUKESBREY, McCLINTON, GALLEGOS, SCARBOROUGH, T. HALL

**ABSENT**--BROOKINS, JOHNSON, RATHBONE

**GUESTS**--ANGELA CHANG, MANNY PERALTA, STEVE HARAI

**MINUTES** ACCEPTED AS PRINTED IN MAILCALL  
**CORRESPONDENCE** READ

#### APPLICATION FOR MEMBERSHIP

DAVID KRUMSIEK--MITCHEL ALAGOS

**NO BILLS** PRESENTED

#### COMMITTEE REPORTS

**COLCPE**--GALLEGOS                      \$ 362 in the fund

**RETIREEES**--RIMKUS                      There were 4 retirees

present at tonight's meeting.                      On the Sick List we have  
MICHELE HALL, BOB KURZHALS, IRVING BRECKMAN,  
ODIL SABBE and MEYNARDO GARCIA. We wish them a  
speedy recovery.

**DISTRICT 6**--McCLINTON                      Federation of Labor fund-  
raiser will be held on Sept 29th. at the Paramount Studios.  
congress is considering the Postal Service request to "privat-  
ize" the uniform procurement program. Postal employees would  
have to order from one central company, using prison labor.

**VICE-PRESIDENT**--BROOKINS                      No Report

**MBA**--T. HALL                      Watch for article

**DPS**--BROOKINS                      No Report

**HBR**--TUKESBREY                      No Report

**SAFETY & HEALTH**--HENRY                      Gloria introduced special  
guest speaker STEVE HARAI from the DWP who gave a brief  
talk and slide show on water quality and purity in the Los Ange-  
les area.

**SPECIAL AWARD**--                      MANNY PERALTA, Re-  
gional Assistant to the National Business Agent, presented  
ANGELA CHANG, daughter of Member YOUNG CHANG (T-6  
ENCINO) a plaque to acknowlege her winning one of the  
National's DORERTY SCHOLARSHIPS. The Branch is very  
proud of ANGELA and we wish her success as she begins her

ing at the recent 4th bundle decision handed down in arbitra-  
tion. They are requesting "clarifacation" and the issue has  
been returned to the arbitrator for handling. The Congress has  
passed the new budget, only bad thing for postal employees is  
that we will have to contribute 1/2 of 1% more to our retirement  
plan beginning in 1999. Union is urging any member con-  
tacted about a postal questionnaire, not participate. They may  
even contact you at work and offer to let you participate "on the  
clock", don't fall for their offer, just say "I do not wish to an-  
swer your questions". You do not have to participate. Presi-  
dent and HBR TUKESBREY will be attending the Health Bene-  
fits seminar in Las Vegas the first part of September, if you  
have any problems contact the Union office.

#### EXECUTIVE BOARD MINUTES READ

#### NEW BUSINESS

**MOTION**-- Branch order 475 Bass calendars @ \$2.50  
each, and give one to each member. Cost \$ 1187.50                      M/S/C

**MOTION**--Branch spend \$ 2000.00 from the General  
Fund to purchase rides for the children at the Picnic                      M/S/C

#### COLCPE DRAWING

\$ 5 STEVE SEYFRIED--SHERMAN OAKS

\$ 4 GLORIA HENRY--SHERMAN OAKS

\$ 3 JIM TUKESBREY--RETIRED--DONATED

**FINANCIAL SECRETARY** REPORT--ASKEW

**TREASURERS** REPORT--McCLINTON

**MEETING** ADJOURNED----7:46 PM

### SPECIAL NOTICE

In accordance with Article V of the NALC Constitution and Ar-  
ticle V of the By-Laws of Branch 2462, NALC, notice is  
hereby given for the Nomination and Election of Delegates to  
the State and National Convention, Nominations will be held  
at the October Meeting. Election will be held on Tuesday,  
Wednesday, Thursday, November 11th., 12th., 13th., as pro-  
vided in Article IV of the By-Laws of Branch 2462 NALC. All  
members, in good standing, are eligible to be nominated.  
Any member, not in good standing or who has not attended  
at lease Nine (9) regular meetings during the twelve (12)  
months prior to their nomination as a Dele- gate shall not re-  
ceive any expenses from *the Branch*. Any member who has  
less than one (1) year membership in this Branch who shall  
have attended at least three fourths (3/4) of those regular  
meetings, from his/her acceptance into membership, prior to  
their nomination as a Delegate or Alternate may receive ex-  
penses. All members of the Executive Board, by virtue of  
their office, shall be Delegates to all National and State Con-  
ventions. This Branch shall elect a Full Delegation to all Na-  
tional and State Conventions.