

# THE MAIL CALL



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Van Nuys, CA

**RETIREE'S NIGHT**

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## **PRESIDENT'S REPORT**

**By Roger Askew**

### **CONTRACT NEGOTIATIONS**

By the time you read this we will know the results of our next national agreement. As you are aware our contract with the postal service expires on November 20th, 1998. Yesterday I called the hot line number ( 1-877-235-NALC) in Washington DC. President Sombrotto has about a 4 to 5 minute message on tape. About 2/3 of the information concerns the recent elections. The remaining 1/3 talks about our contract. He reports that talks are proceeding and the parties will return to the main table negotiations this week. The main table negotiations will be centered around salaries, wages, and items in this most important area. With our employer making record profits over the last 4 years, we as letter carriers deserve our fair share. With the emphasis more and more in the area of customer satisfaction, we as letter carriers should be rewarded for our efforts. Hopefully both sides will realize the importance of a negotiated contract. The membership deserves a right to vote and either ratify or reject the offer. As the results come in of what's happening I will be letting you know.

### **RECENT ELECTIONS**

By now all of us our aware of recent successes from the national elections held on November 3rd. Our branch was able to make the efforts of Governor Elect Gray Davis, Senator Barbara Boxer, Congressmen Howard Berman and Congressman Brad Sherman a great victory. It was especially nice to have Congressman Sherman stop by for a short visit during our last branch meeting. Congressman Sherman came by to say thanks to all of our members for their support during his campaign and to speak on some upcoming matters in congress. Three of these leaders have given letter carriers tremendous support over the last 2 years with their voting record on our issues and Governor Elect Davis has supported labor for a number of years. With the year 2000 census just around the corner and the expectation that California will get between 3 and 4 additional seats in the House of Representatives his election will have additional importance. We should keep in mind that what we were able to obtain in 1970 with the enactment of the Postal Reorganization Act, congress could take this away with some sort of misguided legislation. A thanks go to all of you for turning out at the ballot box and supporting those who support us.

### **OPEN HOUSE**

The branch will be holding an open house on Friday, December 4th beginning at 6:00 PM. If you would like to stop by and have some food and enjoy the holiday season take the time and join us.

On Friday October 23rd, 1998 the annual retiree's night took place at the Encino Glen Restaurant. Approximately 100 members and their families gathered to honor those that preceded us. Among those attending were National Business Agent Dale Hart in the San Francisco Region and two of his Administrative Assistant's, Manny Peralta and Joan Hurst. Jackie White the Director of Education for the California State Association of Letter Carriers was also able to attend.

For as long as I can remember Frank and Katherine Brash and Frank and Jo Rimkus have organized this event. I would like to thank them for the countless hours they spend in making this a successful event.

(Continued on Page 2)

## **SPECIAL NOTICE NO BRANCH MEETING IN DECEMBER**

### **INSTEAD !!!!**



**BRANCH 2462  
HOLIDAY OPEN HOUSE  
FRIDAY EVENING  
DECEMBER 4, 1998  
BEGINS 6:00 P.M.  
FREE FOOD  
FREE DRINK  
LOTS OF FUN FOR ALL**

"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.

**By Roger Askew**

(Continued from Page 1)

We chose this event to honor two members from our branch who have belonged to the National Association of Letter Carriers in excess of fifty years. To Bernard Seigel and Frank Brash, a note of congratulations and thanks for making the NALC and Branch 2462 a great union. It was indeed an honor to be President when a Gold Card was given to Frank Brash. When I reviewed the minutes of the branch it showed that Frank Brash has been a member of the executive board for 42 consecutive years. He has spent an enormous amount of time representing letter carriers. With the addition of these 2 members Branch 2462 now has a total of 9 Gold Card members. The others Gold Card recipients are, Harry Brenneman, Robert Kopczynski, Al Danker, Ray Kelwin, Harold Vogler, Keith Mower and Harry Hurst.

**PRESIDENT'S REPORT**

**ATTENDANCE CHART  
BRANCH MEETINGS**

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	5	2	6	7	6	6	6	6	8	7	14
ENCINO	8	8	6	6	7	8	9	7	6	7	8
CIVIC CENTER	1	1	1	1	1	1	1	2	2	1	2
PANORAMA CITY	2	2	1	2	2	0	2	3	2	1	2
SHERMAN OAKS	9	4	7	11	5	5	5	7	6	6	7
SUN VALLEY	0	1	1	0	1	1	2	2	1	1	0
TARZANA	1	1	1	2	1	1	1	0	1	1	1
RETIREE'S	7	4	4	7	6	7	6	8	8	6	6
TOTAL	33	23	27	36	29	29	32	35	32	30	40

**HOLIDAY SEASONS**

By the time you read this the Thanksgiving Holiday will have come and gone and the Hanukkah and Christmas season will be close at hand. On behalf of all of the members of the executive board, I would like to wish you and your families the best of holiday seasons and a great New Year.

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

**NEXT MEETING  
6:00 PM**

**January 5th  
"1999"**

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

**December 15th**

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

**"RETIREE CORNER"**

Our December 19th (3rd Saturday) Breakfast Meeting will be held at **Coco's Restaurant (15701 Roscoe Blvd. just west of the 405 across from Anheuser-Busch)** at 09:00 am. This will be our Annual before Christmas get-together (Retiree & Wife/Friend/Single) Please mark your calendar and we hope to see you there..  
Thanks  
Frank Rimkus

**Branch Meeting Minutes**

(Continued from Page 6)

MOTION--Executive Board be empowered to conduct all business of the Branch from November 5, 1998 until January 5, 1999 M/S/C

MOTION--The Open House approved at the October meeting be held on Friday December 4, 1998. Cost not to exceed \$ 750. M/S/C

MOTION--All members who attend the open house on December 4, 1998 be requested to voluntarily bring an unwrapped new toy that will be donated to TOT'S

USMC	TOY'S	FOR	TOT'S
------	-------	-----	-------

M/S/C

MOTION--Branch purchase the President of Branch 2462 a cellular phone M/S

MOTION TO TABLE M/S/F

DIVISION CALLED	YES----11	NO---15	MOTION
FAILS			
CALL FOR VOTE ON ORIGINAL	MOTION		

M/S/C

DIVISION CALLED	YES--23	NO--6	MOTION
PASSES			

MOTION--Branch pay the members of the Charges Committee for the hours they work on the case of LESLIE MICHELSEN. The rate of compensation will be at a rate equal to a Level 5, Step 0 Letter Carrier M/S/C\*

\* Signifies a Unanimous Vote

**COLCPE DRAWING**

\$ 4	ANNE SCARBOROUGH--ENCINO
\$ 4	KEITH MOWER--RETIREE
\$ 4	TERRY HALL--VAN NUYS MAIN
(DONATED)	
\$ 4	IRWYN SCHNYDER--SHERMAN OAKS

MEETING ADJOURNED----8:15 PM

# VICE PRESIDENT'S REPORT

by  
**CALVIN BROOKINS**

Branch 2462 Financial Secretary

Last month my article was about the Family and Medical Leave Act. This month I am writing about Sick leave for Dependent Care. The Family and Medical Leave Act and Sick Leave for Dependent Care are two different entitlements. FMLA is a federal law and Sick Leave for Dependent Care is a contractual right granted to letter carriers under our National Agreement. However they sometimes overlap, you may be covered by FMLA and Sick Leave for Dependent Care, while caring for a family member with a "serious health condition" as defined in the FMLA law. For the definition of a serious health condition see my article in last months MailCall.

Sick Leave for Dependent Care is a contractual right won for letter carriers by the union during our last contract negotiations. Under this provision our members are entitled to use up to 80 hours of sick leave per year. " To give care or otherwise attend to a family member with an illness, injury or other condition which, if an employee had such a condition, would justify the use of sick leave by that employee". Family members are a son or daughter, spouse or parent as defined in the ELM section 515.2,

Sick Leave for Dependent Care does not entitle employees to additional sick leave; rather you would use sick leave earned under the existing Postal Service sick leave policy. Medical documentation would be necessary only under the same conditions, as it would be necessary for you as a letter carrier to submit medical documentation. If management asks for medical for an absence of three days or less and the employee is not on restricted sick leave, the employee has to submit the documentation and file a grievance asking that the Postal Service to pay the doctor bill and related expenses.

If you are not sure whether an absence should be covered under FMLA or Sick Leave for Dependent Care ask your steward or call the union office.

## Things to always remember:

Supervisors shall not require, nor permit, employees to work off the clock. Article 41.3.K of the National Agreement.

Letter carriers may cross lawns while making deliveries if customers do not object and there are no particular hazards to the carrier. Article 41.3.N of the National Agreement.

*Do not inspect or load* your vehicle while the engine is running.

Try to avoid backing your vehicle in all instances.

Report all accidents immediately.

Make sure all mail is removed from your vehicle before you end your tour.

" Have a safe and happy Thanksgiving holiday"

In Unionism:

## ELECTION NIGHT FESTIVITIES

Pictured above left to right

Velma McClinton, Branch 2462 District 6 Rep., Gloria Henry,  
Branch 2462 Member,  
Congressman Brad Sherman  
Kiley Johnson and her Dad Bob Johnson

## ELECTION OUTCOME

We did an outstanding job. As Californians, District-6, Branch 2462, and as individuals in the November 3rd elections. All of the NALC Committee on Letter Carriers Political Education endorsed candidates won.

Though this was an off year, 22 percent of the just under 40 percent that voted were union households. All those we elected in California have the interests of letter carriers and their families in mind.

I would like to thank all those who use the privilege and voted. Especially Friends, Betty Doss, dues paying member, David Hyman, (Branch 2902), and Marcos, (Branch 24) for telephone banking. As well as Ann Scarborough. and Roger Askew for attending a fundraiser. Gloria Henry who helped get out the vote and attended a fundraiser. Robert Johnson Legislative Liaison for the 24 CD, and Kiley Johnson (Bob's daughter) who kept volunteers in Sherman's office at night and on weekends.

During this time I was assign to work on the Nell Soto campaign in El Monte. I encourage you to give to Campaign of Letter Carriers Political Education. It does make a difference!!

**Velma J. McClinton**

## SOMETHING TO THINK ABOUT

The most important function of education at any level is to develop the personality and significance of the individual's life to self and to others

**ANONYMOUS**

## **YOUR RIGHTS UNDER OWCP**

by  
**ART BOCEK**

### **Health Benefits Refund Program**

Those injured employees enrolled in an Office of Personnel Management (OPM) approved health plan (such as NALC Health Benefit Plan or others) are entitled to continue coverage while receiving OWCP compensation benefits.

While on compensation disability benefits for the first year, OWCP deducts health benefit premium at the Postal Service rate. After 1 year OWCP will deduct the premium at the standard rate for federal employees.

Federal employees standard premium rate is significantly higher than the Postal Service rate; therefore, an injured employee enrolled in a health benefit plan who are in a leave-without-pay (LWOP) status for more than a year and are receiving OWCP compensation benefits maybe due a refund for OWCP's "over deduction" of health benefit premiums.

The following criteria must be meet by an employee for a health benefit refund:

1. The employee must be in an LWOP/injury-onduty status. Employees who are separated from the Postal Service are not eligible.
2. The employee must receive OWCP compensation payments with health benefit premiums deducted at the higher federal rate.
3. A period of at least one (1) year must have elapsed since the employee initially placed on OWCP compensation. Also, the employee needs to apply to the Postal Service at the installation where the employee last worked (i.e., refunds are not automatically paid).

After the employee has properly filed for a refund, the installation will complete Form 202, "Health Benefits Refund Program Payment Authorization"; obtain approval by the management Sectional Center (MSC) manager, the Division General Manager, or designee; and submit the Form 202 to the appropriate MSC or Division Finance Office for payment to the employee. A copy of Form 202 will be sent to the employee by the Finance Office.

Provisions covering the above cited subject matter can be found in USPS Employee and Labor Relations Manual (ELM) Issue 12, May 1989 and updated (see Subchapter 520, Health Benefits Program 525, special Circumstances Affection Health Insurance Coverage).

OWCP bills the Postal Service for the difference between the tow rates (i.e., OWCP will obtain the difference between the federal rate and the Postal Service from the Postal Service).

If you have problems in securing a refund, contact your NALC branch office or your National Business Agent (NBA) for assistance in learning about your rights in order to resolve your problem.

**"A Merry Christmas and Happy Holidays  
to One and All."**

### **RETIREES CORNER**

By

## **FRANK RIMKUS**

Our Annual 'Retirees Nite' was a delightful evening on October 23, 1998 at the Encino Glen Restaurant on Burbank Blvd. Located at the Encino-Balboa Golf Course. A total of 95 persons attended.

The group included 28 Retirees, 30 Retirees wives/ guests, 4 (3 widows with 1 guest), Mrs. Bonner (Joan) Bruce came down from Magalia, Calif. Mrs. Vincent (Betty) Cozzolino from Canyon Country, Calif. with guest and Mrs. Jacob (Barbara) Dumelle from Van Nuys, Calif. 4 NALC officials ... Dale Hart, National Business Agent, Joan Hurst., Manuel Peralta., both Regional Administrative Assistants., Jackie White of Branch 24. Also there were 29 non-retirees and guests.

The Retirees attending were; Joe Adams, Tom Beckwith, Frank Brash, Mike Brash, Karyn Cummings, Gino Deglinnocenti, Jim Durando, Lee Fenstermacher, John Haynes (came the greatest distance...Crossett., Arkansas), Harry Hurst, Raleigh Johnston, Charles Koenig, Bob Kopezynski, Walt Kovalick, Roderick Leftwich, John Mikan, Dick Milfs, Keith Mower, Ken Pendergast, Frank Rimkus, Dennis Rukstalis, Odil Sabbe, John Shanley, Charles Shelton, Bernard Siegel (came down from Sonoma, Calif.) Jim Tukesbrey, Manuel Venegas and George Woytovich.

Among the non-retirees and their guest were the active letter carriers who some day will become proud retirees and hopefully will carry on the "Annual Retirees Reunion" were Karen Aguilar, Roger Askew, Jeff Auslander, Terry Beauvais, Calvin Brookins, Linda Brookins, Jason Colello, Larry Dolabson, Janette Dolabson, Teenamarie Gallegos, Robert Johnson, Velma McClinton, Jess Pasillas, Richard Reimer, WillieAnn Scarborough, and Irwin Schnyder.

After a fine dinner of chicken or brisket of beef prepared by the chef of Encino Glen the highlight of the evening began: The honor and recognition of 2 Retirees who have reached 50 years membership in the NALC...Frank Brash, Branch Trustee and Bernard Siegel. Also Jim Tukesbrey was the recipient of the annual Ray Kreyer award for his diligent work as Branch 2462 Health Benefits Representative. Newly retired Dennis Rukatalis was recognized with a NALC retirement pin.

As the speeches and acknowledgments faded the final portion of the evening was the drawing of the door prizes.

A special thank you to George Mew, Retired Supervisor from the old Sylvan Station who came down from Los Osos, Calif. to be with us. Some of us old retirees that worked at Sylvan knew him well...he as a pleasure to work with.

It was heart-warming to gather with friends and recall wonderful memories. May God bless us all to enjoy the coming holidays.

**WELLNESS  
BY  
JIM TUKESBREY, HBR**

**STOMACH PROBLEMS:**

In older people stomach problems are often associated with insufficient production of stomach acid. This disorder known as, Atrophic Gastritis, blocks the absorption of Vitamin B-12 from food. It can be caused by an overgrowth of Helicobacter Pylori, a bacterium that causes Duodenal ulcers and stomach cancer.

SELF-DEFENSE: If your age 60 or older ask your doctor about taking a daily supplement containing 25 micrograms of B-12.

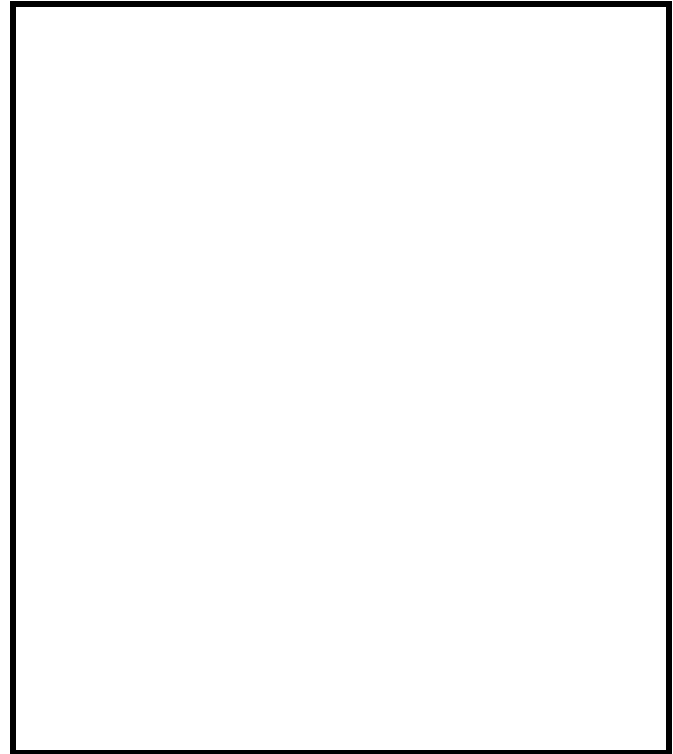
**DEPRESSION DANGER:**

Some people are unaware that they're depressed. Besides sadness and hopelessness, depression can cause a lack of interest in one's appearance, changes in appetite, trouble expressing feelings, sudden displays of anger, or personality changes can also be signs. Depression interferes with daily life, contributes to heart disease and other ailments. In it's most extreme case it can lead to suicide.

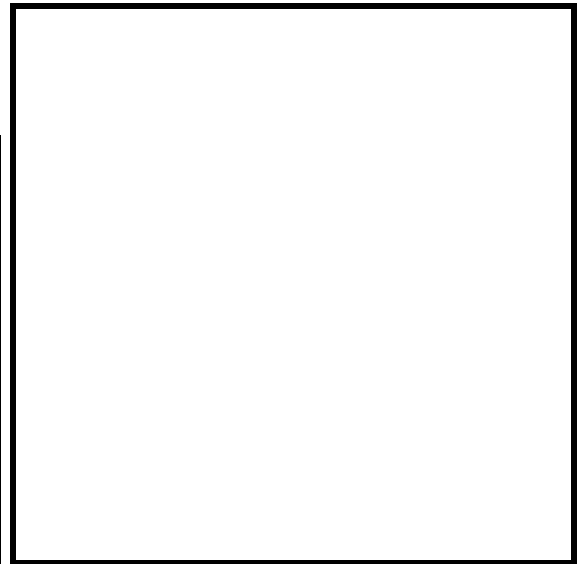
**HEALTH QUESTION:**

Q: Is Fresh Food More Nutritious Than Canned Food ?

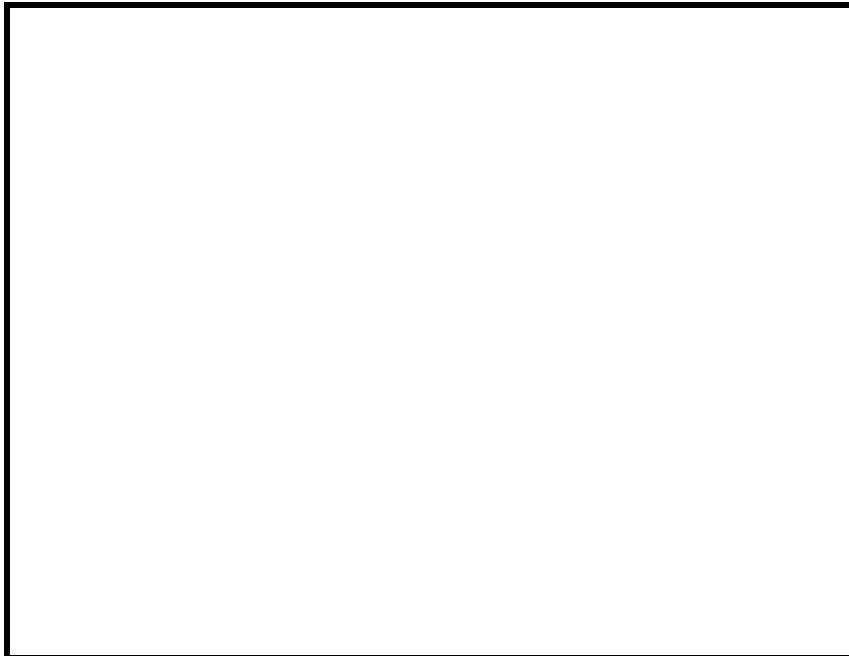
A: Canned food is just as nutritious as fresh. In a recent test, canned fruits and vegetables proved to have just as much Vitamins A and C and Fiber as their cooked fresh counterparts. Some canned vegetables are more nutritious than the cooked fresh version.



**BRANCH 2462 PRESIDENT ROGER ASKEW (L)  
PRESENTS JIM TUKESBREY  
WITH THE 1998 RAY KREYER AWARD  
THE BRANCHES HIGHEST HONOR**



**PAST PRESIDENT HARRY BRENNEMAN  
IS SHOWN ABOVE RECEIVING HIS NALC  
GOLD CARD AND SPECIAL LETTER OF  
ACKNOWLEDGMENT SIGNIFYING  
50 YEARS OF NALC MEMBERSHIP  
HARRY RECEIVED HIS AWARD AT A  
SPECIAL CEREMONY IN TUCSON, AZ.  
WHERE HE IS NOW RETIRED WITH HIS  
WIFE DOTTIE**



**GOLD CARD RETIREE HARRY HURST (C)  
CONGRATULATES BRANCH 2462's NEWEST GOLD CARD  
MEMBERS FRANK BRASH (L) and BERNARD SIEGEL (R)  
RECOGNIZING 50 YEARS OF NALC MEMBERSHIP**

**"THE MAIL CALL"  
BRANCH 2462, NALC  
Steve Seyfried, Editor  
6910 Hayvenhurst Ave., # 101  
Van Nuys, CA 91406**



**Address Correction Requested**

BRAD SHERMAN campaign and to everyone else who got out and voted.  
EDITOR--SEYFRIED Apologies to Picnic Raffle

**Branch Meeting  
Minutes  
November 4, 1998  
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 6:05 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS GALLEGOS. The invocation was led by PRESIDENT ASKEW  
MOMENT OF SILENCE--In Memory of RUSS DELFINO Retired member and former Branch Sgt-at-Arms.

**ROLL CALL OF OFFICERS**

**PRESENT**--ASKEW, BROOKINS, SEYFRIED, McCLINTON, JOHNSON, BRASH, RATHBONE, SCARBOURGH, TUKESBREY, T. HALL

**ABSENT**--NONE

**SPECIAL GUEST**--CONGRESSMAN BRAD SHERMAN stopped by briefly to convey his thanks and appreciation to all the members of BRANCH 2462 who helped and supported his campaign. CONGRESSMAN SHERMAN has been a steadfast friend and ally to our Branch and Letter Carriers in Congress. We were honored that he took time out of his busy schedule to make an in person visit to our meeting.

**MINUTES ACCEPTED AS PRINTED IN MAILCALL WITH**

**FOLLOWING CORRECTION**--Branch voted to pay TEENAMARIE GALLEGOS \$ 106 to cover the shortage at the Delegate dinner.

**CORRESPONDENCE READ**

**APPLICATION FOR MEMBERSHIP**

LARRY BROWN, RANDY GUINTU, VANESSA JONES, DEBRA WILLIS, ELSA INCLAN

**BILLS READ** MOTION--Pay all Bills presented M/S/C

**COMMITTEE REPORTS**

**COLCPE**--GALLEGOS \$ 655 in the fund  
**RETIREES**--RIMKUS There were 7 retirees present at tonight's meeting. On the Sick List we have, CHUCK LARGE & BOBBY HILL. We wish a speedy recovery.

**TRUSTEES** Audit and Budget meeting will be held sometime in Jan. before the budget meeting.

**HBR**--TUKESBREY Successful trip to D.C. for seminar. Rates for Health Plan are dropping for the coming year. Open season will be from Nov 9 -- Dec 14th.

**DISTRICT 6**--McCLINTON Election results are still coming in and many races are still up in the air. We will have a better idea later. Thanks to GLORIA HENRY for helping get out the absentee ballots. Also thanks to ROBERT JOHNSON'S daughter KILEY JOHNSON for helping in the

winner KAREN MARQUEZ-WOODING she works at the CIVIC CENTER STATION not Encino.  
**FINANCIAL SECRETARY REPORT**--JOHNSON  
**TREASURERS REPORT**--McCLINTON  
**VICE-PRESIDENT**--BROOKINS Final picnic report will be presented to the trustees on Friday of this week. Still have some checks coming back. Having some problems with DPS at Van Nuys Main. These problems are being addressed and we are trying to take care of them as soon as we can. Shop Stewards should be especially aware of bids not being posted correctly. Be vigilant in this area and if you have problems contact the Office.

**MBA**--T. HALL

No Report

**PRESIDENT ASKEW**

Ray Kreyer Award was

presented at Retirees Dinner to JIM TUKESBREY. The Branch also presented two Gold Cards to retired members FRANK BRASH & BERNARD SIEGEL signifying their 50 years of membership in the NALC. Congrats to all three of these fine members. Legislation passed by Congress making the Postal Service accountable under OSHA has been signed by President Clinton. HR 22 is still pending in committee, we will be watching. Hot line number has been set up for National Contract information it is 1-800-235-6252. The 1999 calendars have arrived and will be distributed no later than November 20, 1998. Contact your shop steward for more info

**OLD BUSINESS**--CHARGES

**MOTION**--The disposition of the Charges of misconduct brought by BROTHER JEFF JACKSON against SISTER LESLIE MICHELSEN be postponed until the next Regular Branch meeting in January due to the inability of the committee to meet with the parties concerned M/S/C

Please note that the following members have been selected to serve on the Committee--LEE FENSTERMACHER, RANDY KENT, DENNIS TUEBNER.

**EXECUTIVE BOARD MINUTES READ**

**NEW BUSINESS**

**MOTION**--Branch make the following donations for the upcoming holiday season

VAN NUYS SALVATION ARMY (Thanksgiving) \$ 100  
M/S/C

VAN NUYS SALVATION ARMY (Christmas) \$ 100  
M/S/C

CARING & SHARING PROGRAM \$ 100  
M/S/C

LOAFS & FISHES \$ 100  
M/S/C

TURKEYS FOR TOYS (AFL-CIO) \$ 100  
M/S/C

COLLECTIVE BARGAIN FOR EDUCATION \$ 50  
M/S/C

USMC TOY'S FOR TOT'S \$ 100  
M/S/F

DIVISION CALLED FOR---10 NO--14 MOTION FAILS

(USMC TOY'S FOR TOT'S ONLY, FAILS)

(Continued on Page 2)