



THE



100 YEARS OF DELIVERING FOR AMERICA

MAIL CALL

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Van Nuys, CA



11



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PRESIDENT'S REPORT By Calvin Brookins

KNOWING YOUR RIGHTS

Do you know what management can and can not do? Have you read your copy of the National Agreement? Every union member received one to review in order to vote to ratify our new National Agreement. Have you read your Local Memorandum of Understanding? If you do not have one see your shop steward or call the union office and one will be provided. Have you read the M-41 Handbook, (City Delivery Carrier Duties and Responsibilities? Each of those books identifies what the craft as well as management's responsibilities are.

If you are a knowledgeable carrier, that will help you and the union deal with irresponsible managers and supervisors and the tactics they use. When you know the carrier's responsibilities as well as the supervisor's responsibilities, you will know when a supervisor is violating the contract. If you notice a violation or if you believe it is a violation request to see your shop steward. You may not be denied the time to speak with your steward, although, you may not get the time that day management should at that point give you a date and time to which you will be able to speak with your shop steward. If you are denied union time or time to speak with your steward file a grievance on that supervisor. If you witness an event and are ask to provide a statement, do so. Looking out for your fellow carriers and showing union solidarity overcomes bad supervision.

There are other things that you should also keep in mind such as, taking your own responsibility seriously and giving a fair days work for a fair days pay. Do not work off the clock to case mail or finish your route. Properly inspect your vehicle daily. Do not run your route in other words do not try to deliver the route any faster than you are capable of doing it, rushing leads to mishaps and accidents. Do not skip your two 10-minute breaks or cut your 30-minute lunch, the union fought very hard to get that for you. If upon the receipt of the last of your mail for that day, you determine that you can't finish your route in eight hours, request a 3996, the supervisor determines if auxiliary assistance or curtailment is needed. If you curtail mail fill out a 1571, 3996's are not negotiated.

If you are running late while on the street or might go into penalty overtime, call and get permission for the additional overtime or penalty overtime either, way let

NOTICE OF NOMINATIONS OF BRANCH OFFICERS & SHOP STEWARDS

This is official notice to members of Branch 2462 that nominations for the following offices will be held at the Regular Branch Meeting April 1, 2003 at 6:30 p.m. at the Branch Union Hall 6910 Hayvenhurst Ave # 101, Van Nuys California. The Offices are President, Vice-President, Recording Secretary, Financial Secretary, Treasurer, Sgt-at-Arms, Three (3) Trustee's, Health Benefits Representative, and Mutual Benefits Representative. No one may be nominated for more than one (1) office. Candidates must accept nomination at the time made or, if absent, in writing to be received by the Branch Secretary no later than April 3, 2003. The terms of Office shall be for a two year period. Candidates elected shall be delegates to the National and State Conventions as stated in the Branch By-Laws.

Shop Steward nominations and election will be held at the individual Stations.

ELECTION

The election shall be conducted by secret mailed ballot. All ballots will be mailed First Class to the home addresses of eligible members no later than May 3, 2003. The Election shall be conducted in accordance with the rules and regulations adopted and promulgated by the Executive Board of Branch 2462, NALC, which shall not be in violation of the rules and regulations adopted and promulgated by the Rules of the National Executive Council. Ballots must be mailed back to the Election Committee, P. O. Box 56692 Sherman Oaks, California 91413 and must be received by 5:00 p.m. on May 29, 2003. The counting of the ballots will take place on Thursday, May 29, 2003 beginning at 6:30 p.m. at 6910 Hayvenhurst Ave., #101 Van Nuys, CA. All candidates and members may observe the counting.

management make the decision as to what you should do about the mail getting delivered. Upon return from the street, place collection mail and DPS errors in their proper places, take mark-up mail and equipment to the case, and clear registry.

(Continued on Page 2)

"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.

PRESIDENT'S REPORT

(Continued from Page 1)

If a supervisor repeatedly tells you to do something, and you do not follow the instructions expect corrective action to be issued. If you are given an instruction which you believe violate the contract, you must follow those instructions then file a grievance. The only time you may refuse to follow an instruction is if it is unsafe to do so or it is illegal to do so.

If you are issued discipline for any reason ask to speak with your shop steward and file a grievance. Review the letter of charges for accuracy and write a statement. Know your rights and grieve contract violation as well.

REMEMBER KNOWLEDGE IS POWER

THINGS TO REMEMBER

If you are called into the manager's office to discuss or have a conversation about performance always ask if this conversation can lead to discipline, if the manager or supervisor say, yes, maybe, or I don't know then at that time you should request a steward.

Basically what I am saying is, ask for union representation if a discussion with management could lead to discipline.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	S	O	N
MAIN OFFICE	2	20								
ENCINO	6	7								
CIVIC CENTER	1	2								
PANORAMA CITY	3	4								
SHERMAN OAKS	8	6								
SUN VALLEY	2	1								
TARZANA	2	2								
RETIREE'S	3	5								
TOTAL	27	47								

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

NEXT MEETING

6:30 PM

MARCH

4th

"2003"

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

March 4, 2003

BRANCH OFFICE.....818-786-8505

"RETIREE CORNER"

Our Breakfast Meeting will be held at Cocos Restaurant, 15701 Roscoe Blvd. (Just west of the 405 Freeway, across from Anheuser-Busch). It will begin at 09:00 AM. The date for the next 3 will be February 22, March 22, & April 26, 2003 (4th Saturday) So, please mark your calendar....We hope to see you there.

Thank You
Frank Brash

In Unionism

VICE PRESIDENT ART BOCEK

OWCP's Purpose

The Federal Employee's Compensation (FECA) program provides Federal employees who sustain work-related injury or illness with benefits such as medical care, wage loss replacement and help in returning to work. The Federal Employees' Compensation Act or FECA, (5 U.S.C. 8101 et seq.) is administered by Office of Worker's Compensation (OWCP).

Types of Injuries

Injuries are either traumatic or occupational. A "traumatic injury" is defined as a wound or other condition of the body caused by external force, including stress or strain. The injury must be identifiable as to time and place of occurrence and member or function of the body affected, and caused by a specific event or series of events within a single day or work shift. An "occupational disease or illness" is produced by systemic infections; continued or repeated stress or strain; exposure to toxins; poisons, fumes, etc.; or other continued and repeated exposure to conditions of work environment over a longer period of time. A longer period of time means anything beyond a single day or work shift.

SOMETHING TO THINK ABOUT !

by
ROGER ASKEW, DAC

Parenting Through Marital Separation and After Divorce

If you have children and are involved in a marital separation, your job as a parent will suddenly change. Because you no longer have a co-parent at home, you may have less time to spend with your children despite the fact that their needs may be greater. If you did not want the separation, you may want to express your resentment and anger toward your former spouse in front of the children. If the children are not living with you, you may feel guilty or lonely and worry that the children will forget you or turn against you.

Despite angry, resentful and/or other negative feelings toward one another, professionals emphasize that it is important for parents to work together in the child's best interest during and after a divorce or breakup. The following tips may be helpful:

Don't fight in front of the children.

Don't blame the breakup on the other parent.

Don't use the children to carry messages to the other parent.

Don't heighten the children's anxiety with legal and/or financial problems.

Don't expect emotional support from the children; that's a role for adults--friends, family members or a professional counselor.

Don't accuse the children of being disloyal because they choose to love both parents.

Don't pressure the children to take the place of the parent who is no longer there.

INSTEAD:

Tell the children the truth.

Let the children know that the breakup was not his/her/their fault.

Help the children express feelings of fear or anger.

Assure the children that he/she/they will be cared for, regardless of the changes taking place.

Reinforce your love for the children.

If you have questions about parenting through marital separation and after divorce, an EAP counselor may be able to help. For more information, call the *EAP4YOU*

Service Center at 1-800-EAP-4-YOU.

Branch Meeting Minutes February 4, 2003

(Continued from Page 4)

MOTION--Branch spend up to \$ 100 for any Station meeting held at the Branch Office

M/S/C

Underlined means unanimous vote

COLCPE DRAWING

\$ 5 RICHARD REIMER--SHERMAN OAKS
\$ 5 ELIA VIVEROS--MAIN OFFICE
\$ 5 RICHARD REIMER--SHERMAN OAKS
\$ 9 JOANN LOBENBERG--PANORAMA CITY

MEETING ADJOURNED 9:14 PM

SPECIAL NOTICE

As printed on the notice of nominations on page one of the MailCall, Branch 2462 will be having Elections this year. The nominations for Officers will take place at the Regular Branch meeting on Tuesday April 1, 2003. Due to time restrictions this is also the deadline for the May MailCall. Therefore any member who intends to be nominated and run for a Branch office, and wishes to have an Election notice or article printed in the MailCall, must have their article ready and submitted by the end of the April meeting. These articles should be no longer than 250 words and either on a computer disk (preferred) or type written.

The Editor.



IN UNITY, THERE IS STRENGTH

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

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Branch Meeting Minutes
February 4, 2003
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 CALVIN BROOKINS at 6:38 p.m. The Pledge of Allegiance was led by Sgt.-at-Arms ASKEW

MOMENT OF SILENCE--In memory of the Columbia Shuttle Astronauts

ROLL CALL OF OFFICERS

PRESENT--BROOKINS, BOCEK, SEYFRIED, McCLINTON, JOHNSON, BRASH, RATHBONE, HENRY, ASKEW, DONOHUE, T. HALL

ABSENT--NONE

MINUTES ACCEPTED AS PRINTED IN MAILCALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--NONE

BILLS READ MOTION TO PAY

M/S/C

COMMITTEE REPORTS

AUDIT--TRUSTEES The was done on February 3, 2003 and the books were found to be in good order. The Committee commended the Branch on their continued openness concerning finances.

RETIREES 7 present tonight. On the Sick List we have ODIL SABBE. We hope that he will be feeling better soon.

MBA--T. HALL No Report

HBR--DONOHUE Plan is back logged. You should be receiving your membership card and information paperwork in the next 3 -4 weeks. If you have any problems in between contact Kevin or the Union Office for help.

SAFETY & HEALTH--JOHNSON Committee discussed the purchase of Potassium-Iodine tablets for the treatment of Radiation.

EDITOR--SEYFRIED No Report

FINANCIAL SECRETARY REPORT--McClinton

TREASURERS REPORT--McCLINTON

COLCPE \$ 627 currently in the fund

DISTRICT 6--McCLINTON Primary election will be on March 4, 2003. Julie Korenstein is running for City Council and Jon Lavitzen for School Board. If anyone is interested in helping with their campaigns contact Velma.

VICE-PRESIDENT BOCEK Current locations being considered for the Picnic are Big Rock Canyon (location of last years), Magic Mountain, Rancho San Antonio Boys Town, and a City park. A recommendation will be made at the March Regular Meeting and the Branch will decide at that time where to hold the Picnic.

PRESIDENT BROOKIN's REPORT The Committee of Laws has approved our most recent By-Law changes, including the dues increase. The 11th annual Food Drive will be held on May 10, 2003. JANETTE DOLABSON will again be the Coordinator for the Branch. She will be contacting all the Stations to ask for volunteers to serve on the Committee. Letter Carrier in Miami, Florida, taken hostage while on her route was released unharmed the same day. We are happy that this situation turned out good, however this should be a wake up for all Carriers to be aware of what is going on around you when you are out on the street. No doubt that their was nothing that this Carrier could have done to prevent this particular incident, but it never hurts to keep an eye out. We know that it can be dangerous to do our jobs, lets hope that nothing like this happens again. The Postal Service is waiting to hear from OPM on its proposal to offer an "early out" retirement plan to APWU workers. This plan would not be offered to Carriers or NALC members. We will be watching for further information. CSALC/NBA Training classes will be taking place on March 21-22nd in Pasadena. The Branch has passed a motion to send Board members, Shop Stewards and Alternate Shop Stewards. There will also be a Congressional Breakfast on Sunday, March 4th.

SPECIAL PRESENTATION A plaque of appreciation was given to MICHELLE HALL for her outstanding service and contributions to Branch 2462. Congratulations Michelle !!!!

OLD BUSINESS **BY LAW** changes published in the February Mailcall were taken to a vote the results are:

MOTION--Branch adopt proposed change to ART III

Section 8 M/S/F

DIVISION CALLED---FOR--7, NO--26 CHAIR IS UPHELD

MOTION--Branch adopt proposed change to ART 12,

Section 4 M/S/F

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION--Branch renew the Bulk Mailing permit

for the Mailcall. Cost to the Branch \$ 150.00 M/S/C

MOTION--Branch renew the Bond for Officers

at a cost of \$ 210.00. Amount of Bond is M/S/C

\$ 35,000.00 per officer M/S/C

MOTION--Accept the proposed 2003 Budget

as printed in the Mailcall M/S/

AMMEND--Reduce amount of Item # 29

to \$ 0.00 (zero) M/S/F

DIVISION CALLED----YES--7, NO--21 AMENDMENT FAILS

ORIGINAL MOTION PASSES ON A VOICE VOTE

(Continued on Page 3)