THE MAIL CALL



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PRESIDENT'S REPORT By Calvin Brookins

As I write this article Debbie Moorman is going around to all stations represented by Branch 2462 and giving stand up talks about melanoma skin cancer. Debbie is the widowed wife of Monty Moorman a letter carrier from the Encino station who passed away from melanoma. Debbie came to us and ask if it could be arranged for her to go into Encino and the other stations to talk about the importance of protecting yourself from the sun in the proper way and hopefully avoid having to go through what she and her family went through with Monty.

I think it is very courageous and thoughtful of Debbie to go into these offices and talk to letter carriers about what she has gone through and try to make them aware of what she has found through her research. Her stand-ups are very informative all letter carriers listen attentively, and I believe we all can benefit from Debbie's experiences. Monty passed away earlier this and Debbie has made it her personal goal to get the message about melanoma out to as many letter carriers as she will be allowed too. On behalf of Branch 2462 and all of its members I would like to thank Debbie Moorman for her effort and the informative message she is getting out to all letter carriers with in our branch.

Debbie has asked me about the avenues of attempting to get the postal service to possibly make a wider brim hat for letter carriers to wear while on the street. I will draft a letter and send it alone with some statistics to Brian Hellman at NALC headquarters and request that he attempt to negotiate a wide brim hat as a new uniform item. Debbie has also given me some brochure information about melanoma skin cancer. I will share some of that with you in this article.

Sun avoidance, the best defense against skin cancer

Over exposure to sunlight (including tanning) is the main cause of skin cancer especially when it results in sunburn and blistering. Other less important factors include: repeated medical and industrial x-ray exposure, scarring from diseases or burns, occupational exposure to such compounds as coals, tar and arsenic, and family history. Fair-skinned people who sunburn easily are at particular high risk for skin cancer. Prevention means guarding the skin against the known causes of skin cancer. Since the sun's ultraviolet rays are the main culprit, the most effective preventive method is sun avoidance.

Seek shade between 10:00 am and 4:00 pm when the ultraviolet rays are the most intense, especially when your shadow is shorter than you are tall.

Wear light-colored, tightly-woven, protective clothing, and wide brimmed hats (3 inch brim).

Apply sunscreens with a SPF (Sun Protection Factor) of at least 15.

With a SPF 15 sunscreen applied properly, a fair-skin person who sunburns in 20 minutes can tolerate 15 times 20 minutes (300 minutes) without burning. However, the use of sunscreens should not be an excuse to spend extra time in the sun because other sunrays still go through the sunscreen, such as UVA or infrared, which can age the skin and damage the skin's immune system.

Begin early use of sun protection in childhood because it is estimated that 80 percent of lifetime sun exposure occurs before age 18. Children under 6 months of age should not have prolonged sun exposure, but if this occurs then a sunscreen should be used.

The use of sunscreen should always be part of a program for sun avoidance and never as an excuse for increasing sun exposure.

Early detection is the surest way to a cure

Develop a regular routine to inspect your body for any skin changes. If any growth, mole, sore, or skin discoloration appears suddenly, or begins to change, see your dermatologist.

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SPECIAL NOTICE

In accordance with Article V of the NALC Constitution and Article 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 September Meeting on September 6, 2005. Election if needed, will be held in November 2005 and will be conducted by mail., as provided 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 least eighteen (18) regular meetings during the twenty-four (24) months prior to their nomination as a Delegate shall not receive 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 expenses. All members of the Executive Board, by virtue of their office, shall be Delegates to all National and State Conventions. This Branch shall elect a Full Delegation to all National and State Conventions.

ppp

"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 NIGHT OF 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 deem s necessary, imprope, or unfit. All opinions expressed are thos 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 to the goals of the NALC, permission is granted to copy and/or use any material in this publication with our best wishes.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	Α	M	J	J	S	0	N
MAIN OFFICE ENCINO CIVIC CENTER PANORAMA CITY SHERMAN OAKS SUN VALLEY TARZANA RETIREE'S	1 3 4 1 4 1 1 4	2 7 5 3 5 1 2 5	1 6 3 2 6 2 1 4	3 6 3 8 1 1 6	3 6 2 2 4 1 1	2 4 3 2 3 2 4				
TOTAL	19	30	25	31 2	23 2	22				

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

> NEXT MEETING 6:30 PM

> > JULY 5th "2005"

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

July 5, 2005

BRANCH OFFICE......818-786-8505 O P C PERSONNEL OFFICE....818-374-5600 RETIREMENT PERSONNEL....661-775-7030

"RETIREE CORNER"

Our Breakfast Meeting will be held at Hart's Restaurant, (Corner of Saticoy and Balboa). It will begin at 09:00 AM. The date for the next 2 will be July 23rd and August 27, 2005 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank You

Frank Brash

RESULTS OF 2005 BRANCH ELECTIONS

PRESIDENT

CALVIN BROOKINS-----ACCLAMATION VICE PRESIDENT ART BOCEK------ACCLAMATION RECORDING SECRETARY STEVE SEYFRIED-----ACCLAMATION TREASURER VELMA McCLINTON-----ACCLAMATION FINANCIAL SECRETARY ROBERT JOHNSON------ACCLAMATION TRUSTEES (3) TRACY MULLINAX-----146-----ELECTED LARRY DOLABSON-----120-----ELECTED JEFF JACKSON------106-----ELECTED RICHARD REIMER-----97 JOHN BURTON-----77 SGT-AT-ARMS ROGER ASKEW------ACCLAMATION **HEALTH BENEFITS REP** JANETTE DOLABSON-----ACCLAMATION MUTUAL BENEFITS REP ROBERT ENZ-----127-----ELECTED JEFFREY AUSLANDER-----66

PRESIDENT'S REPORT By Calvin Brookins

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Precancerous Skin Conditions

Actinic keratoses are small scaly spots most commonly found on the face, lower arms, and back of hands in fair-skinned individuals who have had significant sun exposure. If not treated, some actinic keratoses may become skin cancers, requiring more extensive treatment. If diagnosed in the early stages, actinic keratoses can be removed by cryotherapy (freezing), by applying a cream or lotion form of chemotherapy, or by chemical peeling, dermabrasion, laser surgery, or other dermatologic surgical procedures. Sunscreens help prevent actinic keratoses.

Cancerous Skin Conditions

There are three forms of skin cancer:

Basal Cell Carcinoma – This skin cancer usually appears as a small, fleshy bump or nodule most often on the head, neck and hands. Occasionally, these cancers may appear on the trunk as red patches. Basal cell carcinomas seldom occur in African Americans, but they are the most common skin cancers found in fair-skinned persons. People who have this cancer often have light colored eyes, hair and complexions, and don't tan easily. These tumors don't spread quickly. It can take months or years for one to grow to a diameter of one half inch.

Untreated, the cancer will begin to bleed, crust over, heal, and then the cycle repeats. Although this type of cancer rarely metastasizes (spreads to other parts of the body), it can extend below the skin to the bone and cause considerable local damage.

Squamous Cell Carcinoma -- This skin cancer may appear as a bump, or as a red scaly patch. Squamous cell carcinoma is the second most common skin cancer found in fair-skinned persons. Typically, it is found on the rim of the ear, the face, the lips and mouth. It is rarely found in dark-skinned persons. This cancer can develop into large masses. Unlike basal cell carcinoma, it can metastasize. When found early, and treated properly, the cure rate by dermatologic surgery for both basal cell and squamous cell carcinoma is 95 percent.

Malignant Melanoma—It is projected that this most deadly of all skin cancers will develop on the skin of 44,000 Americans annually. Every year, an estimated 7,300 Americans will die from melanoma. It is important to note that the death rate is at last declining because patients are seeking help earlier. Like the less aggressive skin cancers, basal cell and squamous cell carcinomas, melanoma is almost always curable when detected in its early stages.

Melanoma has its beginnings in melanocytes, the skin cells that produce the dark, protective pigment called melanin. It is melanin that makes the skin tan, acting as partial protection against sun. Melanoma cells usually continue to produce melanin, which accounts for the cancers appearing in mixed shades of tan, brown, and black. Melanoma can also be red and white. Melanoma tends to spread, making treatment essential.

Melanoma may suddenly appear without warning, but it may also begin in, or near a mole, or another dark spot in the skin. It is important to know the location and appearance of the moles on our bodies so any change will be noticed. The most important step you can take is to have any changing mole examined by a dermatologist so that any early melanoma can be removed while still in the curable stage.

Excessive sun exposure, particular sunburn, is the most important. Heredity also plays a part since a person has an increased chance of developing melanoma if a family member has had melanoma. A typical mole (dyplasticnevi), which may run in families, and a high number of moles, can serve as markers for people at higher risk for developing melanoma.

Dark brown or black skin is not a guarantee against melanoma. Dark-skinned people can develop melanoma, especially on the palms of the hands, soles of the feet, under nails, or in the mouth. Warning signs of melanoma include: changes in the surface of the mole; scaliness, oozing, bleeding, or the appearance of a new bump; spread of pigment from the border into surrounding skin; and change in sensation including itchiness, tenderness, or pain.

So get familiar with your skin. Watch for changes in the number, size, shape, and color of pigmented areas. Call your dermatologist if any changes are noticed.

FOOD DRIVE UPDATE

Hello again. It's been another year and another food drive is over. This year we collected over 77,000 pounds of food for the MEND food bank in Pacoima. It may have been significantly less then last year but still a huge amount of food. Thank you so much for helping make this food drive successful every year. I know that it is easy to start to get less excited about doing this every year but it has never been more important and the need for food has never been higher. There are a few people I would especially like to thank for their help above and beyond what is asked. Thank you so much Tia Wilson, John Burton, Sonia Ruiz, Velma McClinton, Bob Johnson, Tracie Mullinax and Jeff Jackson for doing an outstanding job coordinating your offices for me. Without your dedication and hard work this food drive would not be nearly as successful. To managers Ray Bryant, David Martino, and Greg Motola thanks for your help. It is nice to see that some managers in the Postal Service actually care about this food drive and volunteer their time to come in and lend a hand. A special thanks to a few of the carriers that I know volunteered their personal time to stay and help out, came in on their days off or were retired carriers coming to volunteer their time. Alex Garcia, Steve Soto, Maria Chavez, Earl Maglangque, Larry Dolabson, and Roger Askew, and Andrew Miller. I want to mention some very important people who were there working so hard for this food drive, all of whom are kids. Alex Garcia's daughter Irish, Nick Martino, Mikayla Dolabson, Meghan Mullinax, Anthony, Amber, and Michael Ruiz. It is heart warming to see the enthusiasm that kids have when they know they are helping people in need. We can take a lesson from the kids of this world. As usual I must thank the volunteers from MEND and the Boy Scouts who came in and sorted and picked up food. Randy Kent as always your route was the food king, thanks again. To all you carriers who come in and picked up that food without complaining and didn't take annual leave just to avoid the food drive, thank you so much. You all should be very proud of yourselves, I know I am proud of you.

You rule,

Janette Dolabson Food Drive Coordinator, HBR, Shop Steward

VICE PRESIDENTS REPORT Art Bocek

Appeal Rights

An employee or survivor who disagrees with a final determination of OWCP may request an oral hearing or a review of the written record from the Branch of Hearings and Review. Oral and/or written evidence in further support of the claim may be presented. The employee may also request a econsideration of a decision by submitting a written request to the District Office which issued the decision. The request must be accompanied by evidence not previously submitted. If reconsideration has been requested, a hearing on the same issue may not be granted. The employee or survivor may also request review by the Employees' Compensation Appeals Board (ECAB). Because the ECAB rules solely on the evidence of record at the time the decision was issued, no additional evidence may be presented.

Oral Hearing

The employee is entitled to either an oral hearing before an OWCP representative or a review of the written record (but not both), as long as written request is made within 30 days of the formal decision and a reconsideration has not already been requested. The request should be sent to the Branch of Hearings and Review at the address stated in the appeal rights. No special form is needed. If an oral hearing is requested, it will be held within 100 miles of the employee's home, and the employee may present written evidence or oral testimony in support of the case. At the discretion of the hearing representative, an oral hearing may be conducted by telephone or teleconference. If a review of the written record is chosen, the employee may not present oral testimony, but he or she may submit written evidence or argument. The hearing is an informal process, and the hearing representative is not bound by common law or statutory rules of evidence, by technical or formal rules, but the hearing representative may conduct the hearing in such manner as to best ascertain the rights of the claimant. Testimony at oral hearings is recorded, then then transcribed and placed in the record. Oral testimony shall be made under oath.

If an oral hearing is requested, OWCP will advise the agency of the date and time. The agency may send one representative (or more, where appropriate) to the hearing and/or request a copy of the transcript. The agency representative may not participate in the proceedings, however, unless specifically invited to do so by the employee or the OWCP representative. For purposes of an oral hearing, the claimant may request a subpoena, but the decision to grant or deny such a request is within the discretion of the hearing representative. The hearing representative may issue subpoenas for the attendance and testimony of witnesses, and for the production of books, records, correspondence, papers or other relevant documents. Subpoenas are issued for documents only if they are relevant and cannot be obtained by other means and for witnesses only where oral testimony is the best way to ascertain the facts. To request a subpoena, the claimant must submit the request in writing and send it to the hearing representative within 60 days after the date of the original hearing request. The request must explain why the testimony or evidence is directly relevant to the issues at hand, and a subpoena is the best method or opportunity to obtain such evidence because there are no other means by which the documents or testimony could have been obtained. If a review of the written record is chosen by the employee, the hearing representative will review the official record and any additional information submitted by the claimant and by the agency. The hearing representative may also conduct whatever investigation deemed necessary. When requesting a review of the written record, the employee should submit all evidence and argument that he or she wants to present to the hearing representative. A copy of all pertinent material will be sent to the employer, which will have 20 days from the date it is sent to comment. (Medical evidence is not considered "pertinent" for review and comment by the agency, and it will therefore not be furnished to the agency. OWCP has the sole responsibility for evaluating medical evidence.) For either an oral hearing or a review of the written record, OWCP will allow the agency representative 20 days to submit comments and/or additional documents, which will be subject to review and comment by the employee within a further 20 day period. The hearing remains open for the submittal of additional evidence until 30 days after the hearing is held, unless the hearing representative, in his or her sole discretion, grants an extension. Only one such extension may be granted. A copy of the decision will be mailed the claimant's last known address, to any representative, and to the employer. This decision will include a description of the employee's further appeal rights.

Reconsideration

An employee may ask OWCP to reconsider a formal decision made by the District Office. The request should be addressed to the district office. There is no special form required, but the request should clearly state the grounds on which it is based. The application for reconsideration, including all supporting documents must:

- 1. Be submitted in writing;
- 2. Set forth arguments and contain evidence that
- 3. Advances a relevant legal argument not previously
- Constitutes relevant and pertinent new evidence

previously considered by OWCP. not

A reconsideration request must be submitted within one year of the date that the contested formal decision was issued. OWCP will consider an untimely application for reconsideration only if the application demonstrates clear evidence of error on the part of OWCP in its most recent merit decision. The application must establish, on its fact, that such decision was erroneous. When an application for reconsideration is granted, OWCP will review the decision for which reconsideration is sought on the merits and determine whether the new evidence or argument requires modification of the prior decision. A claims examiner who did not participate in making the contested decision will conduct the merit review of the claim. Following reconsideration, OWCP will issue a new formal decision, which includes a description of the employee's further appeal rights. An employee dissatisfied with this new merit decision may again request reconsideration or appeal to the Employees' Compensation Appeals Board (ECAB). An employee may not request a hearing on this decision.

(Continued on Page 5)

VICE PRESIDENTS REPORT

Art Bocek

(Continued from pg 4)

Employees' Compensation Appeals Board (ECAB)

An employee may request review by the ECAB, which is the highest authority in Federal workers' compensation claims. The employee should file for such review directly with the ECAB at the address shown in the formal decision. The ECAB's review is based solely upon the case record at the time of the formal decision: new evidence is not considered. The application for review by the ECAB must be submitted within 90 days of the date of the decision. The ECAB was created under Reorganization Plan No. 2 of 1946, effective July 16, 1946. The Board is a three member quasi-judicial body, which has been delegated exclusive jurisdiction by Congress to hear and make final decisions on appeals of Federal employees from final decisions of OWCP in claims arising under the FECA. The Board is independent of OWCP and its jurisdiction is strictly appellate and extends to questions of fact and law and the exercise of discretion. The Board's decisions are binding upon OWCP and must be accepted and acted upon. The Board does not have authority to authorize requests for medical treatment or other matters relating to the claim during the processing of the appeal.

An attorney, union representative, or other individual may represent an employee. The employee must submit a signed statement authorizing his or her representation (AB-1Form). The payment of any fees for legal services must be authorized by the Board and are solely the responsibility of the employee. When an appeal is docketed, a docket number will be assigned to the appeal and a copy of the application is served upon the Director of OWCP, who is permitted time within which to forward the case record to the Board and a pleading, which is usually a memorandum in justification of the OWCP decision. The Board will mail a copy of the Director's memorandum to the appellant and allows adequate time to file a reply, or to request oral argument if desired. Once an appeal is docketed with ECAB, the review of the case is limited to that evidence which was in the case record at the time OWCP issued it's final decision. New or additional evidence may not be submitted for consideration by the Board. If you have new evidence you wish to submit, you should select one of the other appeal options. Oral argument may be requested before the Board and is held only in Washington, DC. The Board does not pay for travel or incidental expenses related to attending oral argument. The scheduling of the date for oral argument can be expected to add to the time in which the appeal is processed. If oral argument is not requested, the appeal will be considered by the Board based on the case record as submitted by the office. The Board will issue a written decision or order in every appeal, which sets forth the relevant facts of the case, the applicable law, and the reasoning upon which the Board based its action. A copy of the Board final decision will be sent to you and any duly authorized representative. If you are not satisfied with the decision of the Board, a petition for reconsideration may be filed within 30 days from the date of the Board's decision. The petition should set forth the error of fact or law that you believe the Board made; not just that you disagree with the decision. A decision of the Board is final as to the subject matter appealed and is not subject to court review. After a decision of the Board becomes final (after 30 days), any further request to reopen the claim must be submitted to the district office of OWCP in the form of a reconsideration request.

BRANCH 2462 FOOD DRIVE BIG SUCCESS

CARRIERS RENE BENDO (Top)

&
GENE TUTTLE (Middle)
OF ENCINO STATION
ALONG WITH FOOD DRIVE COORDINATOR
JANETTE DOLOBSON of TARZANA
HELP IN THE BRANCH'S FIGHT AGAINST HUNGER

"THE MAIL CALL" **BRANCH 2462, NALC**

Steve Seyfried, Editor 6910 Hayvenhurst Ave., # 101 Van Nuys, CA 91406

Address Service Requested

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Branch Meeting Minutes June 7, 2005

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 6:40 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS ROGER ASKEW MOMENT OF SILENCE--MIGEL CONTRERAS and all of our Military men and women who have sacrificed their lives in the Service of our Country.

ROLL CALL OF OFFICERS

PRESENT --- BROOKINS, BOCEK, SEYFRIED, McCLINTON, JOHNSON, MULLINAX,, JACKSON, ASKEW, J. DOLABSON ABSENT---HENRY--HALL

MINUTES ACCEPTED AS PRINTED IN MAILCALL CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--ANGELA CASH, ADRIAN GACHUZO, MICHAEL STARKEY, HA DO M/S/C

BILLS READ--MOTION TO PAY

COMMITTEE REPORTS

TRUSTEES There will be an audit on July 19, 2005 at 6 pm for all newly elected and current Trustee's.

SAFETY & HEALTH Debbie Moorman, wife of Monty who recently passed away, will be visiting all stations to speak on the dangers of skin cancer and the importance of saving sick leave.

RETIREES 4 present tonight. On the

Sick List we have NELSON WEBER and DENNIS

RUCKSTALIS, we wish them a speedy recovery. Date for Retiree Luncheon will be Oct 23rd.

MBA--T. HALL No Report HBR--DOLABSON No Report

\$ 265.00 in the fund **COLCPE DISTRICT 6--McCLINTON** Migel Contreras, LA County Fed Secretary, passed away suddenly last month. The Fed is currently in the process of reorganizing its staff.

FOOD DRIVE--DOLABSON 77,000 pounds of food was collected by our Branch. Watch for full article in Mailcall. FINANCIAL SECRETARY REPORT---JOHNSON

TREASURERS REPORT--McCLINTON

ELECTION---SEYFRIED Thanks to the election committee for an outstanding job with the Branch elections. Those members were ROGER ASKEW, JANETTE

DOLABSON, VELMA McCLINTON, BOB JOHNSON and LEE FENSTERMACHER. Results will be printed in the July Mailcall. Shop Steward elections will be held in the individual of-

fices on June 21-22, 2005

VICE-PRESIDENT BOCEK big success, over 500 attended. Dog walk was a

PRESIDENT BROOKIN's Route inspections are now done in Van Nuys, consultations and adjustments are now taking place. Postal Reform is on the front burner in Congress, we could well see some action on this by the end of July.

Thanks to Janette Dolabson for coordinating another successful Branch Food Drive.

OLD BUSINESS--Election Committee submitted their final report on Officer Election. Velma McClinton read letters from Prom Queens participants which were sponsored by the Branch. There were no By-law changes presented.

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION--Branch donate \$ 200.00 to the Saxsenmeir

Scholarship Fund M/S/C

MOTION--Branch purchase a popcorn machine

for the Branch Office. Cost not to exceed \$ 600.00

MOTION--Branch send 2 members, to be chosen by the President, to the August Rap Session and Training classes in Hollywood, Florida. Cost not

exceed 3000.00.

M/S/C

DIVISION-----YES--12, **MOTION** NO--1

PASSES MOTION--Branch renew the CD at the Priority

Credit Union for One months M/S/C

MOTION--Executive Board take under consideration within the next 3 months, the feasibility of providing food and beverages at Branch meetings on a trial

<u>UNDERLINED DENOTES UNANIMOUS VOTE</u>

MEMBERSHIP DRAWING-- \$ 300 GEORGE WOYTOVICH--RETIREE

Brother WOYTOVICH was not present at the meeting therefore the money will be rolled over to the JULY meeting. July's membership drawing will be for \$ 300.00. All members are eligible to win, but you must be present at the meeting to win.

COLCPE DRAWING

- MIKAYLA DOLABSON--GUEST \$
- RICHARD MORENO--SHERMAN OAKS
- VELMA McCLINTON--MAIN OFFICE

MEETING P.M.



ADJOURNED 9:13