



THE MAIL CALL

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PRESIDENT'S REPORT By Calvin Brookins

I would like to start this article by saying I hope everyone and their families had a Merry Christmas and a happy new year. This past year was a very busy year for this branch and with the postal service under staffing every station and all of the postmasters and managers being micro managed this New Year will be just as busy.

Early-Outs

Don't get happy, after months of discussion with NALC officials, the postal service have decided to grant early outs to eligible letter carriers in Louisiana and Mississippi affected by Hurricane Katrina. This was approved by the Office of Personnel Management on December 12th. Eligible carriers must be 50 years of age or older with at least 20 years of credible service. To be eligible, an individual must hold a position in the Louisiana District or in ZIP Area 395 of the Mississippi District.

COLA

The seventh of eight regular cost-of-living adjustments under the 2001-2006 National Agreement stands at \$395.00 based on the Consumer Price Index (CPI-W) released December 15, for November.

That equals 19 cents per hour or \$15.20 per pay period.

Branch Christmas Open House

The branch Christmas open house was held at the Sherman Oaks women club, as far as I have heard it was again a success we had plenty food and there were plenty of room for everybody to get in the place.

We will try to have it there again next year. I would also like to thank Velma, Steve, Roger and Larry for getting the place set up. I would also like to thank all who helped to serve and clean up afterward namely Janette, Art, Tracy, Gloria, Bob, Steve and Velma and anyone else that I may be forgetting to mention.

I especially would like to thank Velma for coordinating this affair and making sure we had plenty of food and that the place was properly decorated. I would also like to thank Steve Seyfried for doing all of the running around and picking up the food that was served during the Christmas open house.

Blood Drive

I would like to recognize Velma McClinton for the great job she did in organizing the recent blood drive that was held at Van Nuys Main office, I understand it was a real success. There is a host of postal employees that came out and gave blood and I would recognize the following individuals.

Joan Stalboerger, Rual Dozal, Rosalinda Talavera, Art Bocek, Debbie Burrell, Art Burrell, David Hintz, Thomas Winn, Roxanne Macias, Vilma Flores, Tal Woodson, Young Chang, Julius Ribas, Carmen Sanchez, Teresa Jimenez, Richard Moreno, Sonia Ruiz, Raoul Davis, Bonnie Rodriguez, Miguel Maldonado, Lisa Gonzales, Kevin Bankhead, Gus Garcia, Paul Decano, Carmen Romero, George Esparza, Steve Grey, Steve Hammer, Bella Simmons, John Dudra, Manuel Mena, Khoi Oh, Gabriel Magdaleno, Jay Squire, Craig Smith, Lena Aristan, Greg Johnston, Adrian Gachuzo and Adrian the (Custodian).

The above listed people alone with me all joined together at Van Nuys Main office to donate blood. This event was a big success and is considered to be a gift of life. On behalf of the branch and its membership I would like to thank all of those who gave blood on December 29, 2005, and thanks again to Velma for taking the time to set it all up for us.

Route Adjustments

I have just spent a lot of time investigating, preparing and writing grievances regarding the recent route inspections done at Civic Center station. It was the most time consuming effort I have had to experience involving grievances in years and in the process I probably killed a few trees. Well those grievances have been sent to the Dispute Resolution Team and I am currently waiting for a decision.

NALC leaders have been engaged at the National level with the Postal Service in an effort to set up tests for a potential new route adjustment system consistent with President Young's simple suggestion presented at the Honolulu convention. Using a letter carrier's average office and street times over a period of time, going back perhaps three to six months. No deductions, no nothing. No magic pencils, no regulated performance. Whatever it took you to do your route that is what you get. That is the way President Young outlined it in July of 2004. It is not clear, which is often the case when dealing with the Postal Service when or if such tests might take place and whether they would yield a system that addresses the conflicts generated by DOIS system. But the National Union is pushing ahead, trying innovative approaches to reduce stress and conflict on the workroom floor.

Thanks

I would like to thank Vice President Art Bocek for taking charge and chairing the November branch meeting in my absence. As most of you know by now I had to go back to Memphis, Tennessee because my mother was very ill. I thank all of you who prayed for me and my mother and who sent your sympathy.

In Unionism

"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 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 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	A	M	J	J	A	S	O	N
MAIN OFFICE	2										
ENCINO	6										
CIVIC CENTER	2										
PANORAMA CITY	1										
SHERMAN OAKS	2										
SUN VALLEY	0										
TARZANA	1										
RETIREE'S	5										
TOTAL	19										

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

**NEXT MEETING
7:00 PM**

FEBRUARY

**7th
"2006"**

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

February 7, 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 next 2 dates will be February 25 & March 25, 2006 (4th Saturday). So, please mark your calendar.....We hope to see you there.

Thank You
Frank Brash

VICE PRESIDENTS REPORT Art Bocek

Picnic Meeting Announcement

Picnic meeting will be held at the union office at 8:00pm after the executive board meeting on 2-01-06. Matters regarding last year's picnic and this year's picnic will be discussed. The all concerned parties should attend in order to give input.

Blood Donations, ELM, Sect. 519.411

The Postal Service urges all employees to fully cooperate with public blood donation for the health and security of their community. The time necessary includes the time required or travel and the time required by the medical facility to process the blood donations.

Time Allowed, ELM, Sect. 519.412

Postal employees may be excused for that period of time deemed reasonably necessary to cover any absence from regular tours of duty to make voluntary blood donations, without remuneration, to the Red Cross, the community, or other nonprofit blood bank. This regulation does not apply to those employees who participate in this program on their own time, off duty. In the case of employees in occupations for which the blood bank recommends additional time off following the blood donation, the time necessary includes the additional time recommended by the blood bank. Every effort should be made to have blood donations for such employees scheduled near the end of their tour of duty.

Restrictions, ELM, Sect. 519.413

The time allowed may in no instance exceed 8 hours. A full day's administrative leave may be granted only when there are unusual circumstances, such as in rural areas where considerable travel may be involved. It is not intended that a full day's administrative leave be granted any employee for donating blood when the blood bank or facility is nearby. Administrative leave for blood donation may be granted during a regular tour of the employee's basic workweek, but only on the date of the blood donation. It is not granted to employees on suspension or in any non-pay status.

There are many men and women in our armed services risking both life and limb in a foreign hostile land so we here can feel safe from harm. Giving blood is truly the best gift one can give to another person, a "Gift of Life." You can donate blood every 56 days. According to the ELM regulations as cited above, do the math, you can use (2) hours of "Administrative Leave" (4) times each and every year to give a blood donation(s). You need not wait for the next Blood Drive to give blood. Make an appointment with the Red Cross in advance, near your end of tour of duty, and notify management in advance of your appointment.

Support our troops, and give them a "Gift of Life," a blood donation.

"Happy Valentine's Day"

PURPOSE THE BUDGET FOR THE CALENDAR YEAR 2006. THOSE COMMITTEE MEMBERS IN ATTENDANCE WERE:

ROBERT JOHNSON	FINANCIAL SECRETARY
VELMA MC CLINTON	TREASURER
TRACY MULLINAX	TRUSTEE
LARRY DOLABSON	TRUSTEE
JEFF JACKSON	TRUSTEE

ALSO IN ATTENDANCE WERE:

CALVIN BROOKINS	PRESIDENT
ART BOCEK	VICE-PRESIDENT
ROGER ASKEW	SGT-AT-ARMS

BUDGET ESTIMATE JANUARY 2006 THRU DECEMBER 2006

ESTIMATED INCOME:

Regular Members	415 at \$ 559.52 (\$ 21.52 - ppp)	\$	232,200.80
Retiree's	110 at \$ 18.00	\$	1,980.00
NALC. Health Benefit Reimbursement		\$	200.00
Interest		\$	500.00
Other Income (i.e. - MBA.)		\$	200.00
TOTAL INCOME		\$	235,080.80

JANUARY 2006 THRU DECEMBER 2006

<u>ESTIMATE EXPENDITURES:</u>	BUDGET 05	SPENT 05	BUDGET 2006
NALC. Per Capita Tax:			
Regular Members			
415 at \$ 169.52	\$ 68,905.20	\$ 66,224.11	\$ 70,350.80
Retiree's:			
110 at \$ 7.00	\$ 770.00	\$ 828.50	\$ 770.00
State Per Capita Tax:			
Regular Members			
415 at \$ 9.10	\$ 3612.00	\$ 3,482.13	\$ 3776.50
Retiree's:			
110 at \$.50	\$ 55.00	\$ 69.00	\$ 55.00
1) Contingency Fund	\$ 21840.00	\$ 20,568.00	\$ 21580.00
(415 @ 2.00 x 26 pay periods)			
2) Contingency Fund Retiree's	\$ 1430.00	\$ 1374.00	\$ 1430.00
(110 @ .50 x 26 pay periods)			

BALANCE SHEET

INCOME	\$	235,080.80
EXPENDITURES	\$	234,922.30
BALANCE	\$	+ 158.50

ESTIMATE EXPENDITURES:

BUDGET 05

SPENT 05

BUDGET 2006

3) Branch Officer's Salary	\$ 27,000.00	\$ 27,000.00	\$ 30,000.00
4) The Mail-Call	\$ 4,400.00	\$ 3745.06	\$ 4400.00
5) Mail-Permit (includes postage)	\$ 1,500.00	\$ 1500.00	\$ 1750.00
6) Postage Expense	\$ 850.00	\$ 277.20	\$ 600.00
12) Retiree's Night	\$ 2250.00	\$ 1552.83	\$ 2000.00
13) Installation of Officers	\$ 2000.00	\$ 257.35	\$ xxx
14) Branch Telephones	\$ 1,500.00	\$ 1123.36	\$ 1500.00
15) Bond for Officer's	\$ 300.00	\$ 240.00	\$ 350.00
16) Office Supplies	\$ 1,500.00	\$ 1290.80	\$ 1500.00
17) Labor-Management Meetings	\$ 1,000.00	\$ xxx	\$ 1000.00
18) Refreshments	\$ 600.00	\$ 915.21	\$ 1000.00
19) Donations	\$ 1500.00	\$ 1785.00	\$ 1500.00
20) Equipment Repairs	\$ 1,000.00	\$ 216.95	\$ 500.00
21) Equipment Purchase	\$ 5,000.00	\$ 5601.01	\$ 4000.00
22) Election Expense	\$ 2,000.00	\$ 2001.33	\$ xxx
23) Miscellaneous Expense	\$ 100.00	\$ 25.00	\$ 100.00
24) Public Relations	\$ 750.00	\$ 473.31	\$ 750.00
25) Station Expense	\$ 1,600.00	\$ 1600.00	\$ 1600.00
26) Educational & Training	\$ 11000.00	\$ 18,986.49	\$ 15,000.00
27) Publications	\$ 150.00	\$ 142.45	\$ 150.00
28) Local Negotiations	\$ xxx	\$ xxx	\$ 2000.00
29) Branch Picnic Fund	\$ 10,000.00	\$ 11,300.00	\$ 10,000.00
30) Lost Time Account	\$ 18,000.00	\$ 27,125.00	\$ 19,000.00
31) Insurance Cost	\$ 1200.00	\$ 889.00	\$ 1100.00
32) Office Rental	\$ 23,000.00	\$ 22,067.94	\$ 22,800.00
33) Gas Utility	\$ 250.00	\$ 216.97	\$ 250.00
34) Food Drive	\$ 700.00	\$ 633.00	\$ 700.00
35) Ray Kreyer Award	\$ 550.00	\$ 527.01	\$ 550.00
36) C.O.A. (mail-call)	\$ 30.00	\$ 26.50	\$ 50.00
37) Death Benefit	\$ xxx	\$ 170.00	\$ xxx
38) Mileage (.32 PER MILE)	\$ 2000.00	\$ 1777.08	\$ 2000.00
39) MBA Dues Reimbursement	\$ 550.00	\$ 541.08	\$ 560.00
40) Electric Utility	\$ 1,100.00	\$ 941.04	\$ 1100.00
41) Dues & Membership Expense	\$ 750.00	\$ 814.78	\$ 850.00
42) Janitorial	\$ 900.00	\$ 975.00	\$ 900.00
43) Photo's & Xeroxing	\$ 50.00	\$	\$ 50.00
44) Membership Drawing	\$ 300.00	\$	\$ xxx
45) Bass Calendars - 2005	\$ 1,500.00	\$ 1543.75	\$ 1550.00
46) Christmas Open House	\$ 1,800.00	\$ 959.15	\$ 2300.00
47) Independent Medical Exam	\$ xxx	\$ xxx	\$ xxx
48) Organizing	\$ 300.00	\$	\$ 300.00
49) Cellular Phone	\$ 1200.00	\$ 1057.88	\$ 1200.00
50) Greeting Cards	\$ 50.00	\$	\$ 25.00
51) On-Line Service	\$ 350.00	\$ 241.45	\$ 350.00
52) Time Reimbursement	\$ 1200.00	\$ 575.00	\$ 1000.00
53) NALC Store Expense	\$ 1000.00	\$ 312.00	\$ 500.00
54) Deaf/Inter-Sign Language	\$ 500.00	\$ 35.38	\$ xxx
55) General Taxes	\$ 125.00	\$ 108.16	\$ 125.00
99) Non-Numbered Items	\$ xxx	\$	\$ xxx

TOTALS

\$ 230,017.20

\$

\$ 234,922.30

Renewing Prescription's with Caremark

by
Lee Fenstermacher, Retiree

In the August, 2005 issue of "The Mail Call" I wrote an article on "In my opinion" the best way to send in to Caremark (NALC Health Plan) any renewal of prescriptions.

First, this is an update on the same policy. I have found out that the Pharmacy is not open on Sunday's, therefore, "**consider Sundays as a lost day.**"

Second, if you have a computer and check up on the status of any prescription (via "In process") at Caremark and find out that any **NEW** prescriptions (not refills) you may have sent in via U.S. Mail is taking to long your Doctor may use 1-800-378-5697 (Doctor's telephone number) to authorize renewal of said prescriptions if you are running short.

Third, are two (2) ways of ordering by telephone. (1) after going thru all the identification procedure's you will be given "for refills press 1- enter one or all prescription numbers. **This method is automated and no one to talk to.** At the end the recorded message will say "to cancel this order & return to the main menu press "9". **"Do not press 9 because your order will be cancelled."**

Fourth, the second way to order by telephone is, the message will say "to speak to a Caremark representative, press "0". This is the best because you will be talking to a human being. **DO NOT USE THE THIRD METHOD**

Any questions please call Lee Fenstermacher at (661) 257-9417

"GOOD LUCK"

NALC Can Count On Me!

Please fill out this form to be included in the NALC's Activist Database

Name: _____

Address _____

City, State, Zip _____

Home # _____ Cell # _____

Email _____

Congressional District _____ Branch _____

This form builds the Legislative and Political Department's activist database. It is not used for any other purpose. The database is comprised of letter carriers the NALC can count on to take action on legislative and political alerts. Communication is often via email. Regular mail is used when it is necessary to send pertinent materials and phone calls are made when time is of the essence. Therefore, all information is necessary to lay the foundation for a strong grassroots operation.

Please Mail to:

**National Association of Letter Carriers
Legislative and Political Department
100 Indiana Ave. NW
Washington, DC 20001-2144**

STATEMENT OF EARNINGS

NAME LEE FENSTERMACHER (2)

FRANKFORD STATION

PAY PERIOD ENDING	DAYS OR HOURS	AMOUNT	GROSS AMOUNT EARNED	FEDERAL TAX	RETIREMENT	U.S.SAVINGS BONDS	NET AMOUNT PAID
FEB. 28							
1949	80	103.20	103.20	7.10	6.20		89.90

**THE ABOVE IS AN EXACT REPRODUCTION OF THE FIRST PAYCHECK OF
LEE FENSTERMACHER, RETIREE WHO STARTED IN THE POST OFFICE ON JANUARY 1, 1949**

"THE MAIL CALL" BRANCH 2462, NALC

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

Address Service Requested

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

Branch Meeting Minutes January 3, 2006

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 6:49 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS ASKEW

MOMENT OF SILENCE- All the 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, L. DOLABSON, ASKEW, J DOLABSON, ENZ

ABSENT--JACKSON

MINUTES ACCEPTED AS PRINTED IN MAILCALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--NONE

BILLS READ--NONE

COMMITTEE REPORTS

AUDIT--TRUSTEES There will be a budget meeting on Thursday, January 5th at 6:30 pm.

SAFETY & HEALTH Continue to work and drive in a safe manner. Meeting has been scheduled.

RETIREES 5 present tonight.

MBA--ENZ Still having problems with

National getting new materials. Will continue trying.

HBR--J DOLABSON No Report

COLCPE \$ 599 currently in the fund

EDITOR SEYFRIED There was no January

MAILCALL published.

DISTRICT--McCLINTON Looking forward to the New Year.

FINANCIAL SECRETARY REPORT--JOHNSON

TREASURERS REPORT--McCLINTON

VICE-PRESIDENT BOCEK Shop Steward classes are now in the planning stages for the new year. Picnic meeting is being planned, watch for date in my next article in the Mailcall. Thanks to VELMA for her outstanding job on the Blood Drive

PRESIDENT BROOKIN's Early out for Katrina Letter Carriers is being offered. Saxsenmeier Scholarship program for 2006 is now open, there should be copies and applications at each station, if not contact your Shop Steward. Newest COLA is at \$ 395.00 NBA DALE HART and his Staff wanted to wish everyone at Branch 2462 a Happy New Year. Tarzana will be the next to go through Route inspections starting January 28, 2006. We will be planning a route inspection class prior to that time. Thanks to VELMA McCLINTON for the excellent job

she did organizing the recent Blood Drive. Thanks to all members who participated. We will be recognizing them in the upcoming issue of the Mailcall. Thanks also to Vice President ART BOCEK for chairing the Branch meeting in my absence in November.

OLD BUSINESS--NONE

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION--Starting time for the February Branch meeting will be at 7:00 M/S/C

MOTION--Branch send Velma McClinton to the Secretary-Treasurers Training Class in Baltimore, MD on February 15 - 16, 2006. Cost not to exceed \$ 1500.00 M/S/C

UNDERLINED DENOTES UNANIMOUS VOTE

BY-LAW CHANGES--There were no By-law changes submitted at the January Meeting

COLCPE DRAWING

- \$ 3 RICHARD REIMER--SHERMAN OAKS
- \$ 3 RICHARD REIMER--SHERMAN OAKS
- \$ 6 KAREN AGUILAR--PANORAMA CITY--DONATED

GOOD OF THE ASSOCIATION

MEETING ADJOURNED 7:50 P.M.

Special Thanks to Janette Dolabson for taking minutes during the meeting.

DON'T LET TIME RUN OUT !!!



**SEND A CHECK TO
COLCPE TODAY !!**