

THE MAIL CALL



Published by
Branch 2462, NALC
Van Nuys, CA

VOLUME 43

MAY

2006

NUMBER

4

PRESIDENT'S REPORT

By Calvin Brookins

Food Drive

By the time you get this issue of the MailCall the 2006 NALC Food Drive will be upon us. Janette Dolabson from Tarzana Post Office is the Food Drive coordinator for the branch; please give her your full cooperation this year as you have in the past years. We will welcome all volunteers if you have that day off and want to donate some time for a good cause see the Food Drive coordinator at your station they will be glad to use your services.

Speaking of the Food Drive our branch has been presented with the 2005 Community Award from MEND, for our efforts and work with MEND in regards to the Food Drive. MEND is the Food Bank that we donate all of our collected food to each year. I asked Janette Dolabson (food drive coordinator) and Velma McClinton (Secretary of Treasurer) to attend the award ceremonies at MEND and accept the award on behalf of the branch.

This is an award that was earned by all members of the branch because of your hard work and efforts in collecting this food year after year. My thanks not only go to MEND, but to all of the letter carriers of this branch for being willing to work a little harder to collect the food each year.

COLA

The projected accumulation for the eighth and final regular cost-of-living adjustment under the 2001-2006 National Agreement stood at \$47.00 following the release March 16, of the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) for February.

The eighth COLA will be based on inflation between January and July 2006 and will be payable in the second full pay period following release of the July, 2006 index. The \$47.00 annual accumulation equals 2 1/4 cents per hour or \$1.80 per pay period.

The projected accumulation toward the 2007 retiree COLA was 0.8 percent following the release of the February CPI-W.

The 2007 COLA is to be based on the increase in the CPI-W between the third quarter of 2005 and the third quarter of 2006.

The 2007 COLA for Federal Employees Compensation Act (FECA) participants, to be determined on the CPI-W from December 2005 to December 2006, stands at 0.9 percent based on the February data.

Donations

Last year there were donations taken from Sherman Oaks, Encino, and Civic Center for the American Red Cross to help the victims from Hurricane Katrina. I have recently received receipts from the American Red Cross showing that they have received the donations.

However, I only received receipts for the donations that were presented in the form of Postal money orders. If anyone at your station gave a donation with a personal check, then they should have received a receipt for the amount they donated.

Gold Card Members

At this years retirement luncheon in October we will be announcing three additional Gold Card members. It is always a pleasure to add new Gold Card Members. Gold Card members are retired letter carriers who have been a member of the National Association of Letter Carriers for least 50 years. This year's recipients will be Robert Mitchel, Fred Caulfield, and Walter Kowalick.

BRANCH 2462 STATE CONVENTION DELEGATES

*= Automatic Delegate

CALVIN BROOKINS *	ART BOCEK *
STEVE SEYFRIED *	BOB JOHNSON *
VELMA McCLINTON *	TRACY MULLINAX *
JEFF JACKSON *	LARRY DOLABSON *
ROGER ASKEW*	JANETTE DOLABSON *
BOB ENZ *	JAMES TUKESBREY
LEE FENSTERMACHER	JOHN BURTON
MARTA MIHICH	RICHARD REIMER
RAOUL DOZAL	KATHY CRAWFORD
JACK WINKLE	KAREN AGUILAR
JULIUS RIBAS	TIA WILSON
FRANK BRASH	RICHARD MORENO
TED DeMAIRE	HARRY BRENNEMAN
ELAINE BOYD	

"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.

Health Update

by

Janette Dolabson Health Benefits Rep.

There is some information in the NALC Benefit Plan Report that I would like to take the opportunity to share with you. There have been a higher volume of people in their 30's and 40's with osteoarthritis in their knees. You are not in your 20's anymore. It's time to start exercising smarter. Turning 40 can be a pain in the neck, and in the ankles, back, groin, shoulders, and hamstrings. Baby boomers are suffering more than a million sports injuries every year. The highest numbers are from bicycling, basketball, baseball, and running. The idea of exercise is to stay in good shape. Biking on mountain trails or trying to relive your glory days playing basketball or football isn't a weekend-warrior style is not the way to do it. Ageing can't be avoided but injuries can. Exercise appropriately and watch for signs like muscle soreness and joint pain. Then change your routine. Even small amounts of weight loss can improve knee function, especially in osteoarthritic adults. Each pound lost equals 5 pounds less pressure on your knee joints. Achieving and maintaining a healthy weight pays off in pain reduction. Maybe that next diet will help relieve some of the pain I have in my neck and shoulders and knees.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	2	1	2	2							
ENCINO	6	5	5	5							
CIVIC CENTER	2	1	1	1							
PANORAMA CITY	1	4	3	3							
SHERMAN OAKS	2	3	5	5							
SUN VALLEY	0	1	1	1							
TARZANA	1	0	1	1							
RETIREE'S	5	6	4	6							
TOTAL	19	21	22	24							

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

NEXT MEETING

*****6:30 PM*****

**MAY
2nd
"2006"**

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

May 2, 2006

**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 May 27th & June 24, 2006 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank You

Frank Brash

FOOD DRIVE UPDATE

by

Janette Dolabson Food Drive Coordinator

Hello union brothers and sisters. I would like to take a few moments of your time to give you some information about the NALC's National Food Drive this May 13th. There are over 30 million hungry people in this country. Over 12 million of them are children. These food banks, such as the one we use, depend on our food collected on that day to get them thru the summer months. Last year the NALC had over 1,500 branches take part in the food drive and collected over 71 million pounds of food. Our food bank, MEND (meeting every need with dignity) awarded our branch this month with a community service award. They sincerely appreciate the work you all do and want you to know how important it is to them. I would like you to know the names of the coordinators in your stations so you can let them know if you will be available to, perhaps, donate some time of your own to this effort. All of you, including retirees, carriers who are off that day and your families, can donate your time to come to the stations and help sort, drive or load this food with us. It is such a great feeling to be able to take part in something so important and rewarding. I hope you will take the time and the opportunity to do so. In main office contact Velma McClinton, or Bob Johnson, Sherman Oaks is Sonia Ruiz, Encino- Tracy Mullinax, Panorama City- Jeff Jackson, SunValley- Tia Wilson, Civic Center- John Burton and in Tarzana is myself Janette Dolabson. Don't hesitate to call any of us and let us know you are willing to help in anyway possible. Maybe you can take a flyer to your school or church to help publicize this food drive. Any and Every little bit helps. Thanks for your time, Janette Dolabson Food Drive Coordinator (661) 373-2224

VICE PRESIDENTS REPORT

Art Bocek

Postal Inspectors/ Your Rights

Letter Carriers are all too frequently being called into the Postal Inspectors' office for investigatory review without union representation. Because of this fact, there are fewer carriers working for the postal service. It is paramount to your job and career that **you** understand the role of the inspectors and your rights. I have in the past written on this subject, but it is most important to remind even an experienced carrier not to mention newer members who might be brought into the office for an **"Investigative Interview."** For the new and some of you "Lifers," here are some questions and answers **you need to know.**

Who are the postal inspectors? What do the postal inspectors do? What rights do letter carriers have? Postal Inspectors are employees of USPS. They are neither craft nor management's, but a separate part of the USPS. What do they do? They investigate mail fraud, mail theft, and they also investigate employees. They monitor the day-to-day operations of the USPS. They also prosecute employees plus they harangue-and arrest employees.

So what can I as an employee do to help myself?

1. Be professional and do your job in a proper manner at all times
2. **KNOW your rights and EXERCISE your rights!**

A. Contractual: Article 17, Section 3, Paragraph 5: "If an employee requests a steward of Union Representative to be present during the course of an interrogation by the Inspection Service, such request will be granted."

B. "Weingarten Rights," the right to have Union Representation during investigatory interviews, or if the employee believes that discipline may result from the investigatory review.

C. "Miranda Rights," You have the right to remain silent; anything you say can be used against you in a court of law. You have the right to the presence of an attorney prior to questioning and to be with you during questioning if you so desire; if you can not afford an attorney, you have the right to have an attorney appointed for you prior to questioning. "**Do you understand these rights? Will you voluntarily answer my questions?"**"

- D. The right to know the purpose of the interrogation prior to questioning.
- E. The right to have criminal charges read and
- F. The right to refuse to answer any questions
- G. ELR Manual, Section 666.6: Cooperation in

Once a carrier has been given his/her "Miranda Rights" the best you can do as a shop steward is to advise the carrier to not sign anything or make any statements until he/she has **engaged in legal counsel!** What is the role of the shop steward or Union Representative during the investigation by the Postal Inspection Service?

Stewards have the right to know the purpose of the interrogation; to have private conversations with the aggrieved carrier prior to questioning; to call time-out at any time during the interrogation, and as many times as he/

she feels necessary; to give advice, ask questions and actively recommend a course of action during the interrogation; to bring out facts favorable to the carrier during the interview. Stewards also have the right to keep the carrier from being intimidated and harassed during the interview, and to keep the carrier from incriminating himself herself.

Stewards do not make deals with Postal Inspectors, just as the Postal Inspectors do not determine the penalties. As a steward, you always conduct yourself in a professional manner, as you can be asked to leave the interview if you shout, scream or use obscene gestures. Remember, it is your job as a steward is to represent and protect! If a steward feels that a Postal Inspector has acted in less than a professional manner during the interview, you can protest these actions to the Inspector General of the Inspection Service. Postal Inspectors do not determine the penalties. Steward may interview Postal Inspectors, may cross examine, and may ask for the Postal Inspector's notes, as those notes are the foundation for discipline. The proper remedy to ask for when Article 17, Section 3, rights and Weingarten Rights have been violated, or when Postal Inspectors refuse the union access to their notes or refuse to be interviewed is: "The employee is to be made whole; reinstated; completely exonerated, and the matter is to be expunged from the employee's file or records."

Remember, "Rights are like muscles, the only rights you have are the rights you exercise."

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 _____
Miranda Rights read prior to questioning.

Congressional District _____ Branch _____
should the investigatory interview become accusatory.

investigations: "Employees will cooperate in any postal investigations."
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**

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

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

Address Service Requested

Branch Meeting Minutes

April 4, 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 7:00 p.m. The Pledge of Allegiance was led by MBA Representative ENZ
MOMENT OF SILENCE--in Memory of all the men and women who have given their lives in the service of their country.

ROLL CALL OF OFFICERS

PRESENT--BROOKINS, BOCEK, SEYFRIED, JOHNSON, McCLINTON, MULLINAX, JACKSON, L. DOLABSON, ASKEW J. DOLABSON, ENZ

ABSENT--NONE

MINUTES ACCEPTED AS PRINTED IN MAILCALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--ERIN JACOBSON

BILLS READ--MOTION TO PAY M/S/C

COMMITTEE REPORTS

TRUSTEES All is well

SAFETY & HEALTH Workers Memorial Day will be held on April 28, 2006. Always work in a safe and professional manner.

RETIREES 6 present tonight. Date has been established for this years Retiree Luncheon. It will be held on October 29, 2006 at Encino Glen. Watch for more info.

MBA--ENZ Ready to order racks to be placed on all stations and Union office. This will allow MBA materials to be displayed and available to all members. Motion will be made at tonight's meeting.

HBR--J DOLABSON Watch for article in the May Mailcall.

FOOD DRIVE--J. DOLABSON Our Branch was honored by MEND with a Community Service Award. This was presented at a special award ceremony hosted by MEND. Los Angeles County Supervisor Zev Yaroslavsky presented the award. Saturday May 13th will be the date for this years food drive. T-shirts order deadline was at tonights meeting. The shirts will be ordered and when they come in they will be distributed by the coordinator in your station. Looking forward to a successful Drive this year.

COLCPE \$ 661 currently in the fund

DISTRICT--McCLINTON LA FED Secretary LUDLOW has resigned after being indicted for campaign irregularities. New elections will be held soon.

FINANCIAL SECRETARY REPORT---JOHNSON

TREASURERS REPORT--McCLINTON

VICE-PRESIDENT BOCEK Picnic will be held on July 23, 2006 at Rancho San Antonio Boys Town in Chatsworth. Planning and logistics are currently underway. Watch for further information in upcoming articles in the Mailcall
PRESIDENT BROOKIN's Gave brief report on several items that will be addressed in his article in the April Mailcall. The new computers have arrived. We have set up the 2 desktops in the Branch office to replace the old computers. The 2 new laptops have been assigned to JANETTE DOLABSON and BOB JOHNSON. We expect that they will be put to good use by both of these Shop Stewards.

OLD BUSINESS--NONE

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION--Branch donate \$ 700.00 from the COLCPE FUND to the National COLCPE FUND at the State Convention in May.

M/S/C

MOTION--Branch purchase MBA informational racks at Staples for all offices. Cost not to exceed \$ 150.00

M/S/C

UNDERLINED DENOTES UNANIMOUS VOTE

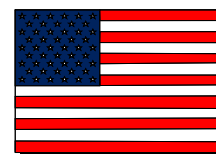
COLCPE DRAWING

\$ 5 KEVIN DONOHUE--ENCINO
\$ 5 RICHARD MORENO--SHERMAN OAKS--DONATED
\$ 6 JACK WINKLE--PANORAMA CITY

GOOD OF THE ASSOCIATION

MEETING P.M.

ADJOURNED 7:45



**REMEMBER OUR TROOPS, THEY
FIGHT OVERSEAS SO THAT YOU
AND YOUR FAMILIES MAY LIVE
IN PEACE HERE AT HOME**