

## PRESIDENT'S REPORT

By Calvin Brookins

### Contract Negotiations

On October 24, the NALC presented the Postal Service with a list of proposals that consisted of a seven year agreement, which included the continuation of the existing COLA's, a wage increase of 3% in each year of the agreement and an upgrade of one grade for all letter carriers. This was the NALC's opening economic proposals. The union also proposed changes in the way in the way routes are evaluated and adjusted, along with proposing that the letter carrier craft be converted to a 100 percent all regular work force. The NALC also came up with suggestions on how to reduced the increasing cost of health benefits without reducing the Postal Service's share of the cost of premiums.

During the opening session of the negotiations the union reminded the Postal Service that labor relations have improved dramatically during our current contract term and that the Postal Service has been able to improve service and maintain a strong financial stability. The Postal Service has earned billions in profits and has been able to completely eliminate its outstanding debt, which at one time exceeded \$11 billion.

However, there was disappointment with the Postal Service response to the NALC's offers. On October 31, the Postal Service representatives stated they were not prepared to make their economic proposals, and they did not know when they would be able to make their economic proposals. They also refused to withdraw any of their non economic proposals, including those they acknowledged dealt with other crafts and not letter carriers.

However, on October 26, the Postal Service did make a series of regressive proposals, which included the elimination of time and one half pay for work on Christmas Day, and other reductions in holiday premium and scheduling provisions. They also proposed an increase in the number of usage of low cost non-career employees, and the elimination of key protective provisions of article 34 (time and/or work standards).

By the time you receive this issue of the MailCall our current contract could have very well expired. Remember if no agreement is reached by the expiration date of November 20, 2006, the Postal Reorganization Act of 1970 calls for mediation and if needed, binding arbitration to determine a new contract. Under the Act, postal employees, like other federal employees, are not allowed to strike.

### Retirees COLA

Retirees under the Civil Service Retirement System (CSRS) will receive a cost-of-living adjustment of 3.3 percent in 2007. The amount was set following release October 18, of the Consumer Price Index for Urban wage Earners and Clerical Workers (CPI-W) for September, the final month of the year long period reflecting inflation between the third quarter of

2005 and the third quarter of 2006, which is the criteria for setting the COLA.

Retirees under the Federal Employees Retirement System (FERS) will receive a COLA of 2.3 percent. Under current law, FERS COLA increases are set at 1 percentage point below the CSRS COLA if the CSRS COLA is 3 percent or higher.

The accumulation toward the 2007 COLA for Federal Employees Compensation Act (FECA) participants stands at 3.1 percent based on the latest figures. The 2007 FECA COLA will be based on the increases in the CPI-W between December 2005 and December 2006.

### Branch Hero

I would like to recognize and congratulate Amante (Bobby) Borja a letter carrier at Van Nuys main office, back in July Bobby noticed the mail of an elderly customer had not been picked up in a couple of days. He knew the man lived alone and saw his car in the driveway. He knocked on the door and when he didn't get a response he walked around the house and knocked on a side door. He thought he heard a knocking being returned from inside the house and he ran to a neighbor's house to get help. The neighbor happened to have a key and went inside with Bobby where they found the man in the tub unable to get out. He had been there three days. They immediately called 911 and the customer was rushed to the hospital and remained there for several weeks, and fortunately survived. Bobby's intervention saved this man life. Good job Bobby.

(Continued on Page 2)

## IN MEMORY OF JOE KALMAN BRANCH 2462 RETIREE

Following – The 4 second rule must be observed at all times. Sufficient room must be maintained between your vehicle and the vehicle in front of you. In adverse weather conditions, the following distance should be increased.

Headphones/Headsets – never wear headphones or headsets or any other device that can diminish your hearing while you are operating a motor vehicle.

Remember work safely and return home to your family alive and healthy.

"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	1	2	2	2	2	2	1	2	1	1
ENCINO	6	5	5	5	2	7	6	5	5	7	6
CIVIC CENTER	2	1	1	1	2	1	0	1	1	1	1
PANORAMA CITY	1	4	3	3	0	3	2	3	3	3	2
SHERMAN OAKS	2	3	5	5	6	3	5	6	4	4	5
SUN VALLEY	0	1	1	1	2	1	1	1	1	1	1
TARZANA	1	0	1	1	1	1	1	1	0	2	2
RETIREE'S	5	6	4	6	3	4	4	5	4	3	3
TOTAL	19	21	22	24	18	22	21	23	20	22	21

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

**NEXT MEETING  
\*\*\*6:30 PM\*\*\***

**JANUARY  
2nd  
"2007"**

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

**January 2, 2007**

**BRANCH OFFICE.....818-786-8505  
O P C PERSONNEL OFFICE.....818-374-5600  
E-Mail.....NALCBRANCH2462@sbcglobal.net**

### "RETIREE CORNER"

Our Breakfast Meeting will be held at Hart's Restaurant, (Corner of Satcoy and Balboa). It will begin at 09:00 AM. The next date will be November 25, 2006 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank You

Frank Brash

## PRESIDENT'S REPORT

**By Calvin Brookins**

(Continued from Page 1)

### Safety tips

Following – The 4 second rule must be observed at all times. Sufficient room must be maintained between your vehicle and the vehicle in front of you. In adverse weather conditions, the following distance should be increased.

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Remember work safely and return home to your family alive and healthy.

## Health Update

by

**Janette Dolabson Health Benefits Rep.**

### IT'S OPEN SEASON FOR HEALTH PLANS!!!

Dear union sisters and brothers, open season began on November 18th. Now is the time to sign up for, or change your existing Health Benefit Plans. I strongly urge you to do it. Please take the time to look at the Health Plan package for the NALC that should have been mailed to all union members. If you did not receive one please contact me at 661 373-2224 or call the union office at 818 786-8505 and we will be happy to provide you with one.

Let me take a few moments to let you know how the plan has changed this year. First off, I am thrilled to announce that the NALC Health Plan is now providing wellness care by covering adult annual physicals and Chiropractic care. It also has lower catastrophic limits for hospital care and now has 100% coverage for PPO maternity care.

There is New Preferred CareSelect Retail Pharmacies and discounts for 700 Mail Order Over the counter Medicines. There is new state of the art web technology for members where you can go online and build a Personal Health Record and track your medical information, such as, age, weight, blood type and blood pressure. Keep track of Immunizations, list family doctors, list allergies and chronic health issues, keep emergency contact information, and list major surgeries.

On the web site you may also access your own claim history and find the average costs of plan members by categories and locations. So don't hesitate to log on and check it out.

I urge all of you union brothers and sisters, especially if you are unhappy with your current plan, to take a hard long look at this exceptional plan. I will gladly assist you in signing up for, or switching over to it. It's your union health plan, support it.

**Thanks again for your time**

# Vice President's Report

## ART BOCEK

### Occupational Disease or Illness Form CA-2

An occupational disease is defined as a condition produced in the work environment over a period longer than one workday or shift. It may result from systemic infection, repeated stress or strain, exposure to toxins, poisons, or fumes, or other continuing conditions of the work environment.

#### A. Notice of Occupational Disease-Form CA-2.

The injured employee, or someone acting on his or her behalf, should give notice of occupational disease on Form CA-2. (Such notice may be provided by the supervisor as well.) The supervisor should issue to the employee two copies of the appropriate checklist, Form CA-35a-h, for the disease claimed. The supervisor should also explain the need for detailed information to the employee and advise him or her to furnish supporting medical and factual information requested on the checklist. If possible, this information should be submitted with the form. Upon receiving Form CA-2, the supervisor should:

(1) Review the front of the form for completeness and accuracy, and help the employee to correct any errors or omissions;

(2) Complete and sign the reverse of Form CA-2, and include a telephone number in case OWCP staff have questions about the claim. Also, show the codes for occupation, type and source of injury, agency identification, and location of duty station by zip code.

(3) Sign and return to the employee the receipt attached to Form CA-2 and give a copy of the entire form to the employee;

(4) Review the employee's portion of the form and provide comments on the employee's statement;

(5) Prepare a supporting statement to include exposure data, test results, copies of reports of previous medical examinations, and/or witness statements, depending on the nature of the case. The checklist may be used to coordinate compilation of material by agency personnel, including compensation specialists and safety and health officers;

(6) Advise the employee of the right to elect sick or annual leave or leave without pay, pending adjudication of the claim. The supervisor should submit completed Form CA-2 to the district office within 10 working days of receipt from the employee. It should not be held for receipt of supporting documentation.

#### B. Medical Treatment-Form CA-16

Only rarely may employers authorize medical care in occupational disease claims. The supervisor must contact OWCP before issuing a Form CA-16.

#### C. Wage Loss/Permanent Impairment-Form CA-7

Form CA-7 is used to file a claim for compensation because of pay loss. The claim should be filed within 10 days

after pay stops or when the employee returns to work, whichever occurs first.

#### (1) Leave Repurchase

The employee may use sick or annual leave pending adjudication of the claim. If this is done, the employee may initiate repurchase of this leave, subject to agency concurrence, using Form CA-7 (along with Forms CA-7a and CA-7b). The supervisor should certify the amount and kind of leave used for each day claimed, and the employee should arrange to submit medical evidence supporting the period of repurchase requested.

#### (2) Lost Wages for Medical Treatment

An employee who has returned to work but still needs medical treatment during work hours may claim compensation for lost wages while undergoing or traveling to and from the treatment. For a routine medical appointment, a maximum of four hours of compensation is usually allowed. Such a claim may be made on Form CA-7, and it should be accompanied by a statement from the supervisor showing the exact period of time and the total amount of wages lost due to the treatment, as well as the rate of pay. Form CA-7 is also used to claim continuing compensation and to initiate a claim for schedule award for permanent impairment resulting from occupational disease.

## 2006 RAY KREYER AWARD WINNER TRACY MULLINAX

Insert Photo Here

Pictured above with TRACY MULLINAX (C)  
is  
Branch 2462 President Calvin Brookins (L) & Regional  
Administrative Asst. Chris Jackson (R)

Photo curtesy of Tisa Askew

Pp

# "THE MAIL CALL" BRANCH 2462, NALC

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

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## Address Service Requested

### Branch Meeting Minutes November 7, 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 6:37 p.m. The Pledge of Allegiance was led by MBA ROBERT ENZ

**MOMENT OF SILENCE**—In memory of **JOE KALMAN** and all members of Branch 2462 who have passed this year and our troops.

#### ROLL CALL OF OFFICERS

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

**ABSENT**---JACKSON, ASKEW

#### MINUTES ACCEPTED AS PRINTED IN MAIL CALL

#### CORRESPONDENCE READ

**APPLICATION FOR MEMBERSHIP**---JOHN GARY, JORGE GONZALEZ, DANNY CHAI, EDGAR HERNANDEZ, SEAN TINDALL, JUAN GUEVARA, ANA RUIZ, COREY WILLIAMS, JUAN SAUCILLO, RANDY SIEGEL, RODERICK GODDARD

#### BILLS READ---MOTION TO PAY

M/S/C

#### COMMITTEE REPORTS

TRUSTEES No Report

SAFETY & HEALTH No Report

RETIREEES 3 present tonight.

Luncheon was a success; all who attended had a great time. Total cost of the Retirement nite was \$ 1772.70. That was \$227.30 under budget. Thanks for all who participated.

MBA--ENZ No Report

HBR--J DOLABSON Open Season will be between Nov 13th and Dec 11th. NALC has a great plan. Watch for article in December's MailCall.

COLCPE \$ 241 currently in the fund

GIMME 5--JACKSON No Report

EDITOR SEYFRIED No Report

#### FINANCIAL SECRETARY REPORT---JOHNSON

#### TREASURERS REPORT--JOHNSON

VICE-PRESIDENT BOCEK No Report

PRESIDENT BROOKINS Gave brief summary of current items which he will address in the December MailCall.

**OLD BUSINESS--ALL DELEGATES WHO HAVE CONVENTION SHIRTS MUST RETURN THEM TO THE BRANCH OFFICE.**

#### EXECUTIVE BOARD MINUTES READ

#### NEW BUSINESS

**MOTION**---Branch send the President, Congressional Liaison and one other member, to be selected by the President, to the Washington Lobby trip in April, 2007.

Cost not to exceed \$ 6500.00

M/S/C

**MOTION**---Branch donate \$ 100.00 to the Turkeys and Toys sponsored by the LA County Federation of Labor

M/S/C

**MOTION**---Branch donate \$ 100.00 to the Van Nuys Salvation Army for Thanksgiving

M/S/C

**MOTION**---Branch donate \$ 100.00 to the Van Nuys Salvation Army for Christmas

M/S/C

**MOTION**---Branch cancel the December Regular Meeting and hold a holiday party at a place, date and time to be announced. M/S/C

**MOTION**---Executive Board be empowered To conduct any and all business of the Branch from November 7, 2006 through January 2, 2007. M/S/C

#### UNDERLINED DENOTES UNANIMOUS VOTE

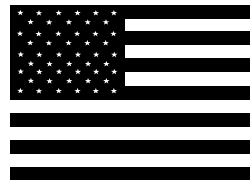
#### COLCPE DRAWING

\$ 5 STEVE SEYFRIED---SHERMAN OAKS

\$ 5 FRANK BRASH---RETIREE

\$ 5 TED DeMAIRE--RETIREE

ADJOURNED 7:51 PM



**REMEMBER OUR TROOPS, THEY SERVE  
SO THAT YOUR FAMILIES MAY LIVE IN  
PEACE HERE AT HOME**