

PRESIDENT'S REPORT

By Calvin Brookins

NALC Endorses Clinton

Based on the membership survey the NALC have formally endorsed Senator Hilary Rodham Clinton for President of the United States in the 2008 elections. President Young noted that the members of the NALC made this decision through the survey that was solicited in the Postal Record.

Muscular Dystrophy Association

The NALC presented pledges and donations totaling 2.1 million to the Jerry Lewis Muscular Dystrophy Association Labor Day Telethon this year, helping the telethon reach 63.7 million in donations. That's an MDA record. Branch 2462 will become more active in raising money for MDA, we have already started too asked for donations at the union meeting each month and we will have a 50/50 drawing at the picnic.

2012 National Convention

The NALC Executive Council has voted to hold the 68th Biennial National Convention in 2012 in Minneapolis, Minnesota. The Convention will be hosted by Minneapolis branch 9.

New Contract/COLA/Back Pay

As you know by now our contract has been ratified by a vote of 104,346 to 11,895. The signing ceremony with President Young and Postmaster General Potter will officially take place at 10:00 am on October 9, 2007.

The lump sum payment of \$686.00 for the COLA from November 2006 through May 2007 will be paid in pay period 21 and will be in carrier's paychecks October 19, 2007.

The 1.4% general wage increase effective November 25, 2006, will also be implemented in pay period 21 and will be in active carrier's paychecks on October 19, 2007.

Back pay for active carriers related to the 1.4% general wages increase, covering the period between November 25, 2006, and the end of pay period 20 September

28, 2007, will be paid in regular paychecks on November 30, 2007.

The cash payment will not become part of letter carriers basic salaries and no deductions will be made for CSRS or FERS benefits. However, the cash payments will be subject to Federal FICA tax and withholding.

Carriers who retired after November 25, 2006, will be entitled to back pay and a recalculation of their annuity benefits. These payments and adjustments will be made as soon as practicable, but no dates have been set at this time.

It has also been announced that the additional allotment for payroll deductions agreed to in the new contract will become available in pay period 24 (November 10-23). The third allotment should make it easier for carriers to make payroll contributions to COLCPE and boost the NALC's "Gimme 5" campaign.

COLCPE

A few months ago California State Association of Letter Carriers President John Beaumont was at one of our branch meetings and recognized 25 members of Branch 2462 who donate to COLCPE through automatic deductions. President Young is encouraging all letter carriers to make their donations to COLCPE by means of automatic deduction.

I truly feel that we can improve significantly in this area and the next time John comes I hope there will be many more names on that list. Thanks to those who do use this method to support our efforts to level the playing field in Congress. If you have followed our efforts to address the Postal Service's attempt to contract out our work, you have seen the importance of being able to access members of Congress to support our efforts. Take a few minutes and sign up to donate to COLCPE. If you need more information, please contact Jeff Jackson at Panorama City station.

(Continued on Page 3)

"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.

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.

(Continued on Page 3)

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	1	1	1	1	1	0	1	2	1	1	
ENCINO	5	6	5	5	5	6	4	5	6	6	
CIVIC CENTER	0	1	1	1	1	1	1	2	1	1	
PANORAMA CITY	1	10	6	3	10	3	3	7	3	3	
SHERMAN OAKS	3	9	5	3	6	4	5	6	5	6	
SUN VALLEY	1	1	1	1	1	1	1	1	1	1	
TARZANA	1	2	3	2	2	2	1	4	1	2	
RETIREE'S	4	5	4	4	2	5	7	6	6	6	
TOTAL	16	35	26	20	28	22	23	33	24	26	

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

NEXT MEETING

6:30 PM

NOVEMBER
6th
"2007"

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

Nov 6, 2007

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

"RETIREE CORNER"

Our Free Breakfast Meeting will be held at Denny's Restaurant, Corner of De Celis and Sherman Way. It will begin at 09:00 AM. The next date will be November 24th (4th Saturday) We hope to see you there.

Thank
You
Frank Brach

ART BOCEK

PRESIDENT'S REPORT

(Continued from Page 1)

There is no accumulation for the second regular cost-of-living adjustment under the newly ratified 2006-2011 National Agreement following the release by the U.S. Bureau of Labor Statistics on September 19 of the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) for August. A small carryover from the first COLA period, covered by the \$686 cash out, was erased by a large drop in the CPI to below the baseline month of May 2007 which determines COLAs under this contract.

For retirees, the accumulation toward the 2008 COLA declined to 2.2% according to the August CPI-W. The retiree COLA will be paid in 2008 based on the increase between the third quarter of 2006 and the third quarter of 2007. For Federal Employees Compensation Act (FECA) participants, the 2008 FECA COLA dropped to 3.0%. That COLA will be based on the increase in the CPI-W between December 2006 and December 2007.

Saxsenmeier Scholarship

The California State Association of Letter Carrier is now accepting applications for the 2008 Saxsenmeier Scholarship program from the parents of high school seniors. All applications must be sent to the scholarship committee chair by January 12, 2008. I have sent blank applications to the stewards of each office.

Ray Kreyer Award

We received four nominations for the Ray Kreyer award, the Executive Board voted on the four individuals and we do have a winner. That recipient will be announced at the retiree luncheon on Sunday the 14th. The four nominees were Richard Riemer, Roger Askew, Ray Mola, and Larry Dolabson.

Customer Connect/Sun Valley

Customer Connect met the goal of \$1,812,359 and surpassed that by \$22,000. Congratulations are in order to Sun Valley Post Office for being one of the four offices that met the goal for the Marketing Manager BBQ. I would like to thank Tia Wilson for her outstanding efforts at Sun Valley as the Customer Connect Coordinator.

Vice President's Report

(Continued from Page 2)

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.

“Ways to Cope with Stress”

Health Benefit Tips

by

Janette Dolabson, HBR

Your reaction to stress differs from anyone else's. That's because we all have different genetics and life experiences. If stress is a dominant feature in your life, you can take steps to put it in perspective and reduce its effect.

Start by identifying what's causing your stress.

1. Concentrate on dealing with the stressors you can change
2. Look for ways to limit needless daily stressors.
3. Change the pace.
4. Recognize signs of stress

During a stress attack, signs and symptoms may include a racing heartbeat, nausea, feeling dizzy or lightheaded, shortness of breath, trembling, chills, sweating, hot flashes, chest pain or discomfort. You may also experience an overwhelming sense of doom, a fear of losing control or even a fear of dying.

If you think you're having panic attacks, talk with your doctor. Various treatments can help.

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

"THE MAIL CALL" BRANCH 2462, NALC

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

Address Service Requested

Branch Meeting Minutes October 2, 2007

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 BROOKINS at 6:31 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS ROGER ASKEW
MOMENT OF SILENCE—In Memory of all members who have passed this year, and long time Shop Steward from Branch 2902 MARVA GOLDEN.

ROLL CALL OF OFFICERS

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

ABSENT—NONE

MINUTES ACCEPTED AS PRINTED IN MAIL CALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP

STEPHEN RUSHTON

BILLS READ—MOTION TO PAY

M/S/C

COMMITTEE REPORTS

TRUSTEES

No Report

SAFETY & HEALTH

When using hampers, you have the right (Step 4 Decision) to have a false bottom in it.

RETIREES

6 retiree's present tonight.

Date annual Retiree Luncheon will be on October 14, 2007. It will be held at Encino Glen Restaurant. No host bar at 1:00 pm followed by lunch at 2 pm. Cost to attend will again be \$ 5.00. Contact Frank Brash for tickets and further info.

MBA--ENZ

Revamping the system and simplifying the forms to make it easier to understand and apply for policies.

HBR--J DOLABSON

Article will be in MailCall

COLCPE

\$ 629 currently in the fund

FINANCIAL REPORT—JOHNSON

TREASURERS REPORT—JOHNSON

MOTION—Accept Financial reports as read

M/S/C

VICE-PRESIDENT BOCEK

Picnic ready to go

PRESIDENT BROOKIN

Gave his report on latest important items which he will cover in his article in the MailCall.

OLD BUSINESS

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION—Branch send the President and 4 members, to be chosen by the President, to Las Vegas for the National Contract Training Conference, November 16th - 18th. Cost not to exceed \$ 5000.00

M/S/C

MOTION—Branch donate \$ 100.00 to the L A

County Federation of Labor's Toy's & Turkeys

M/S/C

MOTION—Branch purchase a Popcorn machine

for the Office. Cost not to exceed \$ 250.00

M/S/C

NOMINATIONS FOR STATE & NATIONAL CONVENTION DELEGATES

CALVIN BROOKINS***, ART BOCEK, STEVE SEYFRIED, ROBERT JOHNSON, TRACY MULLINAX, JEFF JACKSON, LARRY DOLABSON, ROGER ASKEW, JANETTE DOLABSON,

ROBERT ENZ, KAREN AGUILAR, JAMES TUKESBREY, FRANK BRASH, KEVIN DONOHUE, TIA WILSON, RICHARD MORENO, RAUL DOZEL, JACK WINKEL, RICHARD REIMER, TED DeMAIRE, RAFAEL PEREZ, JANET McKEIVER, RAY MOLA.

*** = AUTOMATIC PAID DELEGATE

UNDERLINED = AUTOMATIC DELEGATE

GOOD OF THE ASSOCIATION

Congratulations to TIA WILSON NALC Customer Connect liaison and all the Carriers at the SUN VALLEY STATION. They have met their quota for the District in Customer Connect contacts and sales. We now have 25 members signed up for automatic COLCPE deductions from their paychecks. It is very easy and a painless way to help keep our jobs and lobby Congress on our needs and concerns. Please ask your Shop Steward how you can sign up to "Gimme 5". Those signing up before the end of the year, get a chance at a full expense paid trip to the SUPER BOWL.

COLCPE DRAWING

\$ 5 GINO

DEGLINNOCENTI—RETIRED-

DONATED/MDA

\$ 5 RICHARD

MORENO—SHERMAN

OAKS—

DONATED

\$ 14 ROBERT JOHNSON

MEETING ADJOURNED 7:55 PM

