

PRESIDENT'S REPORT

By Calvin Brookins

First let me offer up my congratulation to Trustees Mullinax, Wilson and Jackson on their re-election to their respective positions. All three of these individuals have served the branch well as Trustees and I know they will continue to do a very good job as Trustees. Along with Vice President Janette Dolabson others on the Executive board and some of your shop stewards I am now confident that I have a group of people in place that I can train to continue to represent this branch into the future.

I also want to thank Vice President Janette Dolabson for heading up another year of a successful food drive. I also want to thank all of the food drive coordinators at each of the station for their efforts and a job well done as well as all of the other carriers that stepped up to the plate to help out at the stations. On a national level we collected 73.1 million pounds of food that is slightly more than we collected last year.

Customer Connect

FYI - Customer Connect - Sierra Coastal District Customer Connect Lead Ranking Report as of May 30, 2008, shows our district ranks 26th out of 80 with 546 leads submitted year to date.

Customer Connect Revenue Ranking Report shows our district ranks 32nd out of 80 with \$2,404,289 year to date revenue.

Customer Connect Carrier Participation Ranking Report shows our district ranks 50 out of 80 with YTD carrier participation at 18.31% the YTD target is 63.88%.

I would also like to congratulate Letter Carrier Ruben Cu from Sherman Oaks on his recent customer connect sales of \$998.00.

COLA

The third regular cost-of-living adjustment (COLA) under the 2006-2011 National Agreement stands at \$633.00 annually based on the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) for April.

The \$633.00 annually is equivalent to 30.4 cents per hour, or \$24.33 per pay period.

The accumulation towards the 2009 retiree COLA stands at 3.5 percent based on the April CPI-W.

The COLA for Federal Employees Compensation Act (FECA) beneficiaries in the year 2009 stands at 2.4 percent based on the April data.

COLCPE

Committee on Letter Carrier Political Education, this is a topic that is very important to every city letter carrier in the country. COLCPE is the only financial means the NALC has to contribute to the campaign of a worker friendly politician. To donate to COLCPE is totally voluntary; thousands of letter carriers through out the country donate to COLCPE year after year. There are several ways to donate to COLCPE, (1) you can donate through payroll deduction or by direct bank account deduction or by sending a personal check to the NALC in care of COLCPE. For retirees you can have your donations to COLCPE come out of your annuity.

Unlike some other unions none of your union dues money goes toward any politicians for lobbying or otherwise. As a letter carrier I believe COLCPE is something that we all need because it helps to give us as letter carriers a voice in Washington just as the special interest groups have. After all us working stiffs cannot afford to pay thousands of dollars to some politicians for a plate of food just to get them to vote our way on issues important to working Americans.

(Continued on Page 3)

IN MEMORY OF

ROBERT A. DAWSON
RETIREE

"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.

by
Janette Dolabson

Food Drive Update:

This year was a banner year for the NALC annual food drive. Our Branch collected 93,314 pounds of food. That is nearly 20,000 pounds more than last year. There are so many people to thank so let me start with my food drive coordinators. Tracy Mullinax in Encino, Sonia Ruiz in Sherman Oaks, Jeff Jackson in Panorama city, John Burton in Civic Center, Bob Johnson, Elaine Boyd in Main Office, and Tia Wilson in Sun Valley. Thank you so very much for all your hard work. Year after year I pile on more duties for you and you do them without complaining, (not too much anyway lol). Congratulations to the Encino station for collecting the most food for the large offices. You collected well over 20,000 pounds of food just your station alone. Outstanding job! Pat yourselves on your backs. I want to also congratulate Civic Center who collected the most food for the smaller offices by collecting nearly 12,000 pounds of food. WOW, that is really something. Great job! All the stations did really well this year and I know it's because of the hard work and cooperation of the carriers in the stations. You care about helping those in need in our communities. Thank you to the Station Manager in Civic Center, Phil Fudally. It makes a huge difference being successful when we have the help and cooperation of a manager. We may have our differences but when it comes to the food drive we were on the same page and I appreciated it. Thanks go to the other stations that had supervisors and Station managers that were willing to help out too. I say shame on the ones that didn't help out or support us in our efforts. Thanks to Roger Askew and Larry Dolabson for picking up food in Encino. Thanks to Alex Garcia who came in on his day off to help out in Tarzana. Also, thanks to Steve Seyfried in Sherman Oaks for helping stay and sort. I don't know all the names of those of you who came out and volunteered in every station but to those of you who did, I offer my deepest gratitude. You are all truly blessed. Calvin, again I appreciate all your help putting this together. Thanks you Tia for coming with Calvin and I to give stand ups in some of the offices about the food drive. Seeing all the food at the end of the day up at the MEND food bank was overwhelming. It completely filled the place and will get them thru the entire Summer. Next year I am gunning for over 100,000 pounds. We can do it.

This is a letter written thanking carriers for the food drive.

Dear Mail Carriers,

Thank you for collecting food and bringing it to the people that are very very hungry. Also, because you do a lot of extra work for the food drive.

From, Elvis Rodriguez



Have a Safe and Happy 4th of July

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	3	0	1	2	1						
ENCINO	4	5	5	5	2						
CIVIC CENTER	1	1	1	2	2						
PANORAMA CITY	3	3	3	2	3						
SHERMAN OAKS	4	3	9	4	6						
SUN VALLEY	1	1	1	1	1						
TARZANA	1	1	1	2	1						
RETIREE'S	6	6	5	5	5						
TOTAL	23	20	26	23	21						

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

NEXT MEETING
6:30 PM

JUNE
3rd
"2008"

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

June 3, 2008

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 Denny's Restaurant, (Corner of Sherman Way & DeCels). It will begin at 09:00 AM. The next 2 dates will be July 26th & August 23, 2008 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank
You

Frank D...L

PRESIDENT'S REPORT

(Continued from Page 1)

COLCPE is the NALC's Political Action Fund (PAC) and it helps elect and lobby friends of letter carriers, friends we need in office to help in our fight in making Postal Reform work. All members of this great union can do their part by contributing to COLCPE.

I for one believe COLCPE is making a difference, some may ask; what has COLCPE done for us? On February 9, 2006, the Senate passed S. 662, the Postal Accountability and Enhancement Act. This came after the passing of HR 22 by the House of Representatives by a vote of 410 to 20. This legislation is the first comprehensive overhaul since the Postal Reorganization Act of 1970, which changed the Post Office Department to the United States Postal Service. It is also the result of years of negotiations and compromises involving lawmakers and Postal Service stakeholders and is the key to the future of the Postal Service as we know it today.

During the elections in 2006 COLCPE allowed the NALC to play a major role in electing a much more worker friendly congress. Numerous congressmen and senators have expressed their gratitude for the support given to them by the NALC. These elected representatives refer to themselves as friends of the NALC and are very aware of letter carrier concerns and issues.

Prior to our most recent contract negotiations President Bill Young met with these representatives of congress and explained the threat of contracting out that were facing letter carriers at that time and these representatives assured him that they would give their support to help stop contracting out. The issue of contracting out letter carrier's jobs is a very real issue. As you all know, the issue of contracting out letter carrier's jobs was a major sticking point that kept us from agreeing to a negotiated contract in November of 2006.

The restrictions on contracting out city letter carriers work is only good for the life of our current contract, when this contract is up in 2011 the Postal Service may again attempt to contract out our work. The bottom line is COLCPE donations is needed even more than ever, because if the Postal Service attempt to contract out our work at the end of this contract we will need all of our political friends in Washington.

I am encouraging every member of the NALC Branch 2462 to give just \$5.00 per pay period through payroll deductions or through direct bank account deductions, that works out to just .50 cents per work day. I am urging all members of Branch 2462 to donate just \$5.00 per pay period it is your voice that needs to be heard and your job that needs to be protected. Please help the NALC protect your job by donating \$5.00 to COLCPE through automatic payroll deductions.

We would be glad to assist members at the union office who want to sign up for automatic contributions, just contact Jeff Jackson at Panorama City station or myself at the union office or Civic Center station. Active members will need to bring a copy of their pay stub and their PIN number; Retired members will need to bring their CSA retirement claim number and their PIN number.

So sign up for COLCPE automatic contributions and help the NALC secure a future for all city letter carriers

Health Benefit Update

By

Larry Dolabson, HBR

Antioxidants

You may have heard that antioxidants may play a role in helping to prevent diseases such as cancer, cardiovascular disease, Alzheimer's, and macular degeneration. But if you are looking to prevent these diseases by taking a supplement, recent research indicates that it's unlikely you will experience much benefit. Some supplements may even be harmful. Research also indicates that eating foods high in antioxidants offer great health benefits. When it comes to foods high in antioxidants some of the better choices include:

Fruit- berries like strawberries, blueberries, raspberries, cranberries and blackberries are best. Other beneficial fruits are apples (peel on), avocados, cherries, pears, plums, pineapples, oranges, and kiwi's.

Vegetables- artichokes, spinach, red cabbage, red and white potatoes (peel on), sweet potatoes and broccoli.

Beverages- green tea, coffee, red wine, and fruit juices.

Nuts- walnuts, pistachios, pecans, hazel nuts, and almonds.

Herbs- ground cloves, cinnamon, ginger, dried oregano leaf, and turmeric.

Grains- mostly oat based grains are the best.

Dessert- for all you chocolate freaks, you will be happy to know that dark chocolate ranks as high or higher than most fruits and vegetables in terms of antioxidants.

Hershey bar anyone?

Pictured above is Retiree FRED CAULFIELD who was presented with his NALC GOLD CARD signifying 50 Years of membership in the NALC. Congratulations !

"THE MAIL CALL"

BRANCH 2462, NALC

Steve Seyfried, Editor
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Van Nuys, CA 91406

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Branch Meeting Minutes

June 3, 2008

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 6:30 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS ROGER ASKEW

MOMENT OF SILENCE—In Memory of **ROBERT DAWSON**, Retiree.

ROLL CALL OF OFFICERS

PRESENT--- BROOKINS, J. DOLABSON, SEYFRIED, MULLINAX, JACKSON, WILSON, ASKEW, L. DOLABSON, ENZ

ABSENT—JOHNSON

MINUTES ACCEPTED AS PRINTED IN MAIL CALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP

GAYANE BADOYAN, MANUEL DeLEON,
YOHANA ACOSTA

BILLS READ—MOTION TO PAY M/S/C

COMMITTEE REPORTS

TRUSTEES No Report
SAFETY & HEALTH No Report
RETIREES Please note that Retiree Breakfast is being held on the 4th Saturday each month at DENNY'S RESTAURANT, corner of Sherman Way and DeCielis. We had 8 attend the last Breakfast.

MBA--ENZ No Report.
HBR--L. DOLABSON Watch for Mailcall article
MDA \$ 72 currently in the fund

FINANCIAL/TREASURERS REPORT—Read by T. MULLINAX

MOTION—Accept the Financial reports as read by Brother Mullinax

M/S/C

ELECTION COMMITTEE Report read

Motion to accept report and results M/S/C

VICE PRESIDENT DOLABSON Still waiting for word from Santa Anita regarding date for the Annual Picnic. As soon as we know we will let you know. Food Drive was big success, look for details my Mailcall article.

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

OLD BUSINESS—TRUSTEE ELECTION RESULTS

TRACY MULLINAX 155 *

TIA WILSON 148 *

JEFF JACKSON 137 *

RAY MOLA 95

ELIA VIVEROS 72

JOHN BURTON 59

* DENOTES WINNERS

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION—Branch order 20 copies of the new National Contract. Cost to the Branch \$ 60.00

M/S/C

UNDERLINED = UNANOMOUS VOTE

GOOD OF THE ASSOCIATION

MDA DRAWING

\$ 4 STEVE SEYFRIED—SHERMAN OAKS—DONATED

\$ 4 BETTY LOW—SHERMAN OAKS--DONATED

\$ 10 KAREN AGUILAR—RETIREE--DONATED

MEETING ADJOURNED 8:13 PM

Pictured above row after row of Food collected by Branch members fills the Mend warehouse. Over 90,000 pounds were collected. GREAT JOB !!!