

PRESIDENT'S REPORT By Calvin Brookins

I want to start this month article by stating my sympathy and sending my prayers to the Mower family. Just prior to the start of our recent branch meeting on March 3, 2009, I was informed that long time retired 60 year member and past President Keith Mower had just passed away the day before. It is with great sadness that I report this to the membership of Branch 2462. Keith was President of Branch 2462 in 1954 and 1955, when I was Vice President and early in my first term as President I spoke to Keith quite often, he was a great union man and was very wise about this branch and the NALC.

Just a few short years ago I had the privilege of speaking at Keith's wife funeral services, and I counted that a joy. I enjoyed the times I had talking with Keith about the early years of Branch 2462 and would often pick his brain regarding the history of our branch. Keith was a friend to me and this branch and he will be missed by a lot of his union friends as well as his family. On behalf of the Executive Board and the rest of the membership of Branch 2462, I send my condolences and prayers to his family, may God bless them.

H.R. 22

Our national President Bill Young gave his marching orders to the legislative chairs and state Presidents on February 9th as they kicked off their annual training session in Washington. He had one main message, make sure every senator and representative knows how important it is to letter carriers and the postal service that H.R. 22 is passed. The passage of H.R. 22 became critical when Postmaster General John E. Potter testified before a Senate Homeland Security subcommittee and made the whole country aware of the damage the current economic crisis has had on the postal service.

While we like other branches are sending our Congressional District Legislative Liaisons back to Washington D.C. to lobby our representatives to pass H.R. 22 it is still very important that we who are not going to Washington do our part. While Vice President Janette Dolabson and Sergeant at Arms Roger Askew are in Washington meeting with the Senators and Congress persons on our behalf, all letter carriers should call their representatives and encourage them to pass H.R. 22, please see the list of representative who have

already co-sponsored the bill at NALC.org or in the upcoming bulletin at your station. If your representative is not on that list please take a few minutes and call your representative and urge him/her to pass H.R. 22.

Mail Volume Drops

The postal service announced February 4th that it had ended its first quarter (October 1 - December 31, 2008) with a net loss of \$384 million as the economic recession contributed to a 5.2 billion piece decline in mail volume compared to the same period a year ago. The 9.3 percent drop marked the eighth consecutive quarter of accelerating volume declines. USPS is projecting that volume for the year will be down 12 -15 million pieces.

Guest what right in the middle of this economic crisis and the serious effects it is having on the postal service, Postmaster general John E. Potter received a \$135,000 bonus last year and several other perks usually reserved for corporate CEO's. Kind a makes you wonder, while the postal service is in a financial crisis of unheard of proportions his personal fortunes are nonetheless rising thanks to 40 percent in pay raises in 2006. The changes approve by the Postal Board of Governors and contained in a little noticed regulatory filing in December, brought Mr. Potter's total compensation and retirement benefits to more than \$800,000 in 2008. That is more than double the salary for the President of the United States.

Are you a trusted employee?

Well your fellow Americans think so, an independent research company called; The Ponemon Institute recently reported the results of a survey of Americans. For the fifth year in a row the survey asked Americans what Federal Agency they trusted most to protect their private information and the U.S. Postal Service was again chosen as the most trusted Federal Agency. A U. S. Postal Service spokesperson made it clear that letter carriers are the focal point of the customers' trust. That number one ranking is clearly in part, to the trusted relationship Americans have with letter carriers who deliver mail to every home and business across the country. Most of our customers know us by name and see us as a welcome and trusted member of the local community. I have often said that letter carriers are the hardest working employees in the Postal Service and letter carriers truly carry this company. Great job letter carriers keep up the good work.

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"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.

PRESIDENT'S REPORT

(Continued from Page 1)

Contract compliance

In a recent statement from President William H. Young and a Postmaster General John E. Potter on compliance of the National Agreement, they both stated to all employees management and craft alike the importance of compliance with the agreement. President William H. Young stated;

"No one at any level has any authority to amend or violate the national contract, period".

This was reiterated in a letter by Postmaster General John E. Potter dated February 23, 2009, while he did not use the same wording as President Young, the message was the same and everyone should remember that contract compliance is very important and must be adhered to regardless of the economic conditions.

If you would like to read the full version President Young and Postmaster General messages on contract compliance please go to NALC.org.

National Reassessment Process

Phase 2 of the NRP has begun; I have received a letter from Labor Relations identifying 9 employees whom they have scheduled a meeting with, either on March 16 or 17 to go over the status of their rehabilitation assignment. The NRP process will also be explained and discuss with each carrier. I will be available to be present with those letter carriers at these meetings. The National Reassessment Process is how the Postal Service is dealing with letter carriers and other postal employees that are permanent and stationary. None of these carriers chose to be or like being injured, it just happened. So please, take the time and be extra careful and use all necessary precautions to make sure you work in a safe manner at all times. Whatever you do, do not work in a manner in which you are susceptible to an injury. Remember you do have a life outside of the postal service and you can enjoy it if you do not have to deal with pain and suffering.

FYI

In a meeting with the District Manager and his staff on Wednesday March 4, 2009, we were informed that the Flat Sorting System (FSS) implementation may be pushed back due to one of the components of the machine not operating fast enough. The postal service has gone back to Northrop/Gruman to discuss re-design issues.

Management in some station have started to offer letter carriers an opportunity to take LWOP even weeks if they want it. Something every letter carrier must know when taking that much LWOP, for every 80 hours of LWOP that you use during a calendar year you will lose up to 8 hours of annual leave. If you are not top step you may only lose 4 hours of annual leave for every 80 hours of LWOP used if you are top step you will lose 8 hours of annual for every 80 hours of LWOP used. If you do not have any leave left during the current leave year and you use 80 hours of LWOP, you will lose up to 8 hours of annual leave in the following leave year. Please keep this in mind when considering using LWOP.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	2	3	1								
ENCINO	4	5	3								
CIVIC CENTER	2	2	1								
PANORAMA CITY	4	4	4								
SHERMAN OAKS	4	4	6								
SUN VALLEY	1	1	2								
TARZANA	2	1	2								
RETIREE'S	4	4	5								
TOTAL	23	24	24								

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

NEXT MEETING
6:30 PM

APRIL
7th
"2009"

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

Apr 7, 2009

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 & DeCelis). It will begin at 09:00 AM. The next 2 dates will be Mar 28th & April 25, 2009 (4th Saturday) So, please mark your calendar....We hope to see you there.

Thank
You

Frank D... ..

Vice President's Report

by
Janette Dolabson

It's food drive time again. I can hear the groans already. Last year we raised over 91,000 pounds of food for MEND food bank in Pacoima. It was an outstanding year. We filled up their warehouse and it was a wonderful sight. This year promises to be a challenge. The economy is awful and people are being downsized or laid off. We are blessed to have jobs. I know we gripe and complain about work issues but honestly its nice to have work to complain about. With these current events the food banks are in more and more need of donations. The food banks are having a hard time keeping up with the raising demands on their services. Our efforts are needed this year more than any year we have been doing this. May 9th is the date this year. We will be getting out the t-shirt order forms to all the stations. This year we will be offering red shirts with pockets and full color cartoon on the back. Talk up the food drive with your patrons, let them know its coming up. That's really the best publicity we can get, you talking to your people out there on the routes. This will be Gina Mirabella's last food drive. She is the wonderful food bank coordinator that has put this together for us all these years from MEND. She is very ill and wants this last food drive to be the biggest and best yet. We can do that for her, we can do that for those who need these services. Any suggestions or if you want to volunteer or know of someone who wants to volunteer for the food drive please give me and call and I will hook them up. 661 373-2224

Health Benefit Update

By
Larry Dolabson

Springtime is almost here and that means the weather will be improving and giving us more opportunities to work on our exercise programs. Here are some of the barriers that keep us from exercising and possible solutions according to the Mayo Clinic.

1. Lack of time- Break activity into shorter period, such as 10 minute walks. Exercise while watching TV.
2. Boredom- Do a variety of activities and change your routine occasionally.
3. Inconvenience- Choose activities that require minimal facilities and equipment. Take the stairs at work or park farther from your destination.
4. Weather- Choose indoor activities or mall walking.
5. Lifestyle changes- When going through major life changes or stressful times, consider a moderate program of physical activity.
6. Travel- Check out fitness facilities at your destination. Walk around the airport terminal. Work out in your hotel room with exercises that don't require equipment.
7. Injury- To prevent injury, warm up and cool down properly. Rest when needed. If you are injured, ask your doctor what you can still do.

8. Illness- You may be able to work out at a reduced intensity. Check with your health car provider if you're unsure.
9. Overtraining- Vary your exercises, including their order and intensity. Increase the length and intensity of your workouts gradually. Include rest days in your schedule.
10. Lack of Facilities- Choose activities you can do with minimal equipment.

MDA UPDATE

By Sandy Anger

Over 50 years ago the NALC was one of the very first sponsors of MDA. Everyone knows what MDA is. MDA does incredible things for "Jerry's kids" and their families. Our goal this year as a branch is to raise \$2,000 for MDA. We hope to achieve this thru fund raisers and events. First, by now you should have had the opportunity to have purchased St. Patrick Day Shamrock pins. Now we are planning a Bowl-a-thon hopefully for June. We would like all you union brothers and sisters to participate in these events and help us step up and be able to donate the money raised to Jerry's kids. Please contact me at 818 345-2396 if you have any suggestions for future events or if you would like to participate in the event coming up.

"I shall pass through this world but once. Any good therefore that I can do or any kindness that I can show to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again." (Etienne de Grellet)

MEL BARCEGA (above) and TONY KIRK (below) make their "Last Punches" at the Sherman Oaks station. We all wish them a "HEALTHY AND HAPPY RETIREMENT. Well Done !!

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Van Nuys, CA 91406

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Branch Meeting Minutes

March 3, 2009

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 6:40 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS ROGER ASKEW
MOMENT OF SILENCE—In Memory KEITH MOWER, Past Branch President, JOE GLEDHILL & BEN AMDER, Retirees.

ROLL CALL OF OFFICERS

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

ABSENT—ENZ

MINUTES ACCEPTED AS PRINTED IN MAIL CALL
CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP—LUZ VILLA

BILLS READ—MOTION TO PAY M/S/C

COMMITTEE REPORTS

TRUSTEES All is well
RETIREES 5 retiree's present tonight.
HBR—L. DOLABSON Weight loss program being offered. Any questions contact Larry.

MDA \$1021 currently in fund.
Bowl-a-thon is being planned for late June. Will be selling MDA Shamrocks in stations for St Patty's Day, buy one !

FINANCIAL/TREASURERS REPORT—JOHNSON

MOTION—Accept Financial reports as read M/S/C
VICE-PRESIDENT J. DOLABSON Food Drive plans are in full swing. T shirts will be RED this year and signup sheets will be out soon. Standups will be given in all stations.

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

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION—Branch purchase 2009 Quick Books Upgrade. Cost not to exceed \$ 350.00
M/S/C

MOTION—Branch donate \$ 100.00 to the LA County Fed, Labor community services Easter Baskets for needy children. M/S/C

OLD BUSINESS

GOOD OF THE ASSOCIATION

MDA DRAWING

\$ 5 STEVE SEYFRIED—SHERMAN OAKS
\$ 5 JOSE JIMENEZ—SHERMAN OAKS
\$ 7 JOHNBURTON—CIVIC CENTER

Meeting Adjourned 8:36 PM

ABOVE—Postmaster Joel Smith congratulates new RETIREE TISA ASKEW on her last day at Encino.

BELOW—Carrier BETTY SARKDAVISARAK waves goodbye to work & hello to Retirement as she punches out for the last time at the Sherman Oaks station.

IN MEMORY OF

KEITH MOWER
PAST BRANCH PRESIDENT

JOE GLEDHILL
RETIREE

BEN AMDER
RETIREE