



THE

MAIL CALL

Published by
Branch 2462, NALC
Van Nuys, CA



Representing the Stations of

Civic Center - Encino - Panorama City - Sherman Oaks - Sun Valley - Tarzana - Van Nuys Main

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PRESIDENT'S REPORT

By Calvin Brookins

MIARAP

In last month MailCall I had the Memorandum of Understanding regarding the Modified Interim Alternate Route Adjustment Process (MIARAP). This MOU is what the parties have agreed to use to evaluate and adjust your route.

The Modified Interim Alternate Route Adjustment Process has started in our stations, with Encino, Sherman Oaks and Civic Center. My advice for all members is that you should start to look at your route be able to tell the joint teams how long you think your route is on the street as well as in the office. If there is anything that you can think of that may not be included in the data that they are looking then you need to be prepared to make the joint teams aware of that.

You need to be able to let the joint teams know if you do not agree with is any part of the data they are reviewing and may be using to adjust your route, and you need to let them know why you do not agree with the data that is being reviewed.

Working For Nothing

As management continues to push letter carriers to do more and more work it is apparent that some of our members are dealing with this issue by working off the clock. There is so many ways that a letter carrier can work off the clock. Some will show up a little early and take care of the clean up mail from the day before, or even case some mail or start to put their parcels in order or begin to get coverage's ready prior to clocking in. Another way carriers will work off the clock is to skip some of their break or lunch time. Remember we get paid for two ten minute breaks per day. I often see management call break time in stations and I look around and see letter carriers still handling the mail in some fashion or another. Every time you work through your 10 minute break you are working for nothing. We also get a 30 minute lunch break, which you do not get paid for which means that is your own personal time and a time you should use for rest.

Working through your 10 minute breaks or your lunch break is the same as taking a pay cut and you are working off the clock. Some carriers will come back to the office in the

afternoon, clock out, then continue to finish up putting away their carrier endorse mail and their equipment and even getting cleared after they have clocked out. None of these examples alone seem to make a whole lot of different. Ten to fifteen minutes here and there does not seem like much and may appear to not be a big deal, and some carriers may think that it helps to keep their supervisor off their backs. I believe letter carriers who work off the clock is making a big mistake, basically all you are doing is telling management that you are willing to work for nothing and you have supervisors and managers out there that will allow you to continue to work for nothing.

Basically this is doing nothing but making your route look as if it is shorter than it really is, and with the current mail volume and the method that is being used to evaluate and adjust routes you are really only hurting yourself when you work off the clock. Remember do not set yourself up for something that you will not be able to live up to.

Article 41, Section 3K states; "Supervisor shall not require, nor permit employees to work off the clock". Therefore, your supervisor and station manager and even your postmaster have a contractual responsibility to keep employees from working off the clock, this means working through breaks as well. Remember your route will be adjusted based on your performance and if you are making your performance look good because you are constantly working through your breaks or prior to your begin tour or after your end tour, you could very well get stuck with an adjusted route that may require you to continue performing that route in that same amount of time.

A fair day's work for a fair day's pay is recognized by all parties to the Collective Bargaining Agreement, but it does not mean that you have to work off the clock in order for it to be considered a fair day's work for a fair day's pay. If you feel that you just have to work for nothing please let me know I have plenty of work around my house that you could do for free.

(Continued on Page 2)

"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	3	1	4	4	2					
ENCINO	4	5	3	7	6	4					
CIVIC CENTER	2	2	1	1	3	1					
PANORAMA CITY	4	4	4	3	2	3					
SHERMAN OAKS	4	4	6	6	4	5					
SUN VALLEY	1	1	2	2	2	2					
TARZANA	2	1	2	2	2	2					
RETIREE'S	4	4	5	4	4	4					
TOTAL	23	24	24	29	27	23					

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

**NEXT MEETING
6:30 PM**

**JULY
7th
"2009"**

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

July 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 June 27th and July 25, 2009 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank You
Frank Brash

PRESIDENT'S REPORT

(Continued from Page 1)

Non Members

I have recently received a non member list we are currently 95.8% organized. Please try to encourage non members in your station to join the union.

Fifth Contract COLA

There was no projected accumulation toward the fifth regular cost-of-living adjustment (COLA) for letter carriers under the 2006-2011 National Agreement.

2010 Retiree COLA

There was no projected accumulation yet toward the 2010 retiree COLA following the release of the April 2009 CPI.

2010 FECA COLA

Following the release of the April 2009 CPI, the projected accumulation toward the 2010 Federal Employee Compensation Act (FECA) COLA is 1.5 percent.

Customer Connect

Congratulations to David Espinosa from Sherman Oaks station for his recent customer connect sale of \$2,036.00

Congratulations to Eric Huang from Sherman Oaks station for his recent customer connect sale of \$2,496.00

Congratulations to Steve Soto from Civic Center station for his recent customer connect sale of \$3,842.00

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GERRI PISCIOTTA

EAP Consultant

**15701 Sherman Way, Room 205
Van Nuys, California 91406**

Vice President's Report

by
Janette Dolabson

Food Drive Update: The totals are in and here they are. Tarzana- 4,873, Main Office- 8,904, Sun Valley- 3,394, Sherman Oaks- 11,897, Encino- 10,099, Civic Center- 4,627 and Panorama City- 2,112, total amount 45,906 plus residual food of 1,837 for a grand total of 47, 743 pounds of food. We were way off of last years totals but with the economy the way it is and the fact none of our television events panned out because of the fire in Santa Barbara we did the best we could.

We have new winners in the contests between stations. Tarzana is the winner of the small stations and Sherman Oaks is the winner of the large station total food collected. Thanks to all your hard work and dedication. There are a few people I want to thank. Thanks to those in Sun Valley who helped Tia do her usual great job. Thanks, John Gary, Jesse Greenfield, Kathy Crawford, Medik Baban, Supervisor Bob Nitsuma and Keith from MEND. You were all terrific and Tia wanted to make sure you were properly thanked. In Encino, thanks to Ann Scarborough, Bob Enz, Pete Axt, Linda Markley, and Ray Mola. Thank you to Retiree's Ken and Chester Wheelless. Thank you, Jason Colello for taking pictures and thanks to the kids Alexandra Moat, Meghan and Christina Mullinax and Miranda Bock. In Tarzana, thank you Alex Garcia, and Sandy Anger and Larry Dolabson who helped us get Main Office done after Tarzana. For all of the other stations I am positive there were plenty of volunteer help and we want to thank you all for what you did and continue to do, one of the names I know is Steve Seyfried. Thank you goes out to all the office coordinators, Annalia Garcia, Bob Johnson, Tracy Mullinax, Sonia Ruiz, John Burton, Jeff Jackson, and Tia Wilson. I can not do this without your help and cooperation. Thank you, John Gonzales on the manager's side for coordinating the Postal Service side of things. Calvin thanks for giving me the time to do the foot work for this food drive and for the support I need when I get frustrated. Thank you to all the wonderful MEND volunteers they did an exceptional job this year even under some stressful circumstances.

We will do better next year I am confident. Final results showed 73,414,533 pounds of non-perishable food were collected in the traditional event on the second Saturday in May, a slight increase over the previous record of 73.1 million pounds set in 2008. It was the sixth consecutive year above 70 million pounds and brought the total for the drive's 17 years to over 982 million pounds of food.

The next event we have to look forward to is the Union Picnic which will be held again at the Santa Anita Race Track. We have had such a great time there the last couple years we will go again this year. If you haven't gone yet I urge you to try and make a commitment to go this year on October 12th. We are off the next day for Columbus Day so you can go and relax and rest up the next day. There will be lots for the kids to do too. Make plans now to go.

Health Benefit Update

By
Larry Dolabson

Something I received from EAP I thought was very appropriate for what's going on right now for all of us. It's about coping with change. (EMPLOYEE ASSISTANCE PROGRAM)

1. Strengthen your self-confidence.
2. If you know change is coming, do something. Prepare for it.
3. Look for something positive in the change. Focus on a good aspect of it.
4. Build on your support system. Close network of family and friends.
5. Visualize your full recovery from the change. Having a mental image of how you would like things to be. How things will be after the changes.
6. Stay in good health.
7. Don't rely on alcohol or other drugs.
8. Evaluate your reaction to the change. What would you do differently?
9. Handling the stress of change. All change is stressful, some more then others.

Signs of excessive stress:

- a. Having difficulty concentrating
- b. Sleeping less or always feeling tired.
- c. Crying for no apparent reason
- d. Taking longer then average to recover from common illnesses.
- e. Feeling depressed.
- f. Thinking or talking about suicide.

If Stress appears to be getting the better of you, try to use these tips to help you.

1. Practice relaxation exercises.
2. Play your winners. People or things in your life that make us feel good and renew our sense of hope during difficult times.
3. Exercise, exercise, exercise. Natural stress fighters become more effective when we exercise.

If you want to contact EAP call

1 800 327-4968 (EAP-4-YOU)

"THE MAIL CALL" BRANCH 2462, NALC

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Branch Meeting Minutes June 2, 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 6:48 p.m. The Pledge of Allegiance was led by Sgt-at-Arms ROGER ASKEW

MOMENT OF SILENCE-----In Memory of All past members who have passed this year, and all our military personnel who have sacrificed their lives for our freedom.

ROLL CALL OF OFFICERS

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

ABSENT--NONE

SPECIAL GUEST--GERRI PISCIOTTA, EAP

MOTION TO SUSPEND MEETING

M/S/C

Meeting was suspended temporarily to allow guest speaker GERRI PISCIOTTA from EAP to talk about the various services the EAP offers to Postal employees and their families. The service is free of charge and completely confidential. Any further questions can be addressed to your Shop Steward or the Union Office.

MINUTES ACCEPTED AS PRINTED IN MAIL CALL CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--NONE

BILLS READ--NONE

COMMITTEE REPORTS

AUDIT There will be an audit held in the Union office, the date and time have not been set as of this evening.

TRUSTEES All is well

SAFETY & HEALTH Next meeting of safety committee will be June 11, 2009.

EDITOR New postal rates are now in effect and have raised the cost of mailing the MailCall about 60 %. The executive board will be looking into different ways of getting the MailCall to the membership and will be reporting to the Branch in the near future.

RETIREES 4 retiree's present tonight. Very good turnout for the Retiree Breakfast. Thanks to the Branch for providing this great forum and food. Active members who have the day off are welcome also. The Breakfast is held on the 4th Saturday of each month.

HBR--L. DOLABSON Watch for article in MailCall. Any questions contact Larry.

MDA--ANGER \$1677 currently in fund. We are selling tickets to the LA Sparks a basketball game on

Sunday, June 28, 2009. You will be allowed to shoot baskets on the Staples floor before the game and also meet with some players. Contact the Union office for more information or ask your Shop Steward.

MBA--ENZ Finally received the updated information of the various MBA plans available. Watch for articles in up coming MailCalls
FINANCIAL/TREASURERS REPORT--JOHNSON
MOTION--Accept Financial reports as read M/S/C

VICE-PRESIDENT J. DOLABSON Food Drive was not as successful this year as last but we still collected a lot of food for MEND, which will be greatly appreciated by all who use their facility. I will have an extensive report in the July MailCall so be sure to take a look. Congratulations to SHERMAN OAKS STATION for collecting the most food for a large station and to TARZANA for collecting the most food for a small station.
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 send the HBR and one other Member, to be selected by the President to the HBR Seminar in Las Vegas in October. Cost not to exceed \$ 2600.00 M/S/C

UNDERLINED INDICATES UNANOMOUS VOTE

OLD BUSINESS

GOOD OF THE ASSOCIATION

MDA DRAWING

- \$ 5 JACK WINKEL--SHERMAN OAKS
- \$ 5 CALVIN BROOKINS--CIVIC CENTER
- \$ 10 BETTY LOW--SHERMAN OAKS

Meeting Adjourned 8:37 PM

