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In file past mailcalls

"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.

Vice President's Report

by
Janette Dolabson

It's picnic time again. I hope that you have already signed up for the picnic held at Santa Anita. Gates open at 11:00 am and buffet starts at 12:00 noon and served until 2:00 pm. We will have hot dogs served all day, drinks served all day and ice cream served after the meal. There will be plenty of games and raffles for all ages including bingo, jump bouncer and carnival games and lots and lots of raffles with tons of prize money to members and their families. Each member will receive 2 beer tickets. The sign up sheets are in the stations with the prices and the menu.

Some of us attended the Leadership Conference in San Diego where many issues were discussed including MIARAP. One of the most important issues of this process is the data entries in the stations. We can not properly adjust a route if the input of data is incorrect. Please make sure you are getting an accurate account of your mail volume. If it is not the same as what your supervisor had you down for then you need to notify your shop steward immediately. Keep a running total. Also, you need to stop handling your coverage mail and DPS and parcels in the office. Please I urge you to do this on street time. Your routes will not be adjusted properly because you will not be able to capture that office time you spend on doing this if you are over 100% to standard. If your route is out or whack and I know some of them are please let your steward know that immediately so we can look at fixing it before the revisit in the Fall. We don't have to wait until then to fix things that are fixable now.

As of now, there is no mention of lay offs coming from the Postal Service. We will however be losing TE carriers when their time is up. Hopefully not all of them but it is looking grim for them as far as keeping employment in the Postal Service for much longer. The new JCAM is available online for anyone wanting to look at the changes in our contract, especially you shop stewards.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	2	3	1	4	4	2	3	4	3		
ENCINO	4	5	3	7	6	4	4	5	5		
CIVIC CENTER	2	2	1	1	3	1	1	2	4		
PANORAMA CITY	4	4	4	3	2	3	3	3	4		
SHERMAN OAKS	4	4	6	6	4	5	8	7	7		
SUN VALLEY	1	1	2	2	2	2	1	3	3		
TARZANA	2	1	2	2	2	2	3	2	2		
RETIREE'S	4	4	5	4	4	4	3	5	5		
TOTAL	23	24	24	29	27	23	26	31	33		

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

NEXT MEETING
6:30 PM

OCTOBER
6th
"2009"

DEADLINE DATE FOR THE NEXT
ISSUE OF "THE MAIL CALL" IS
October 6, 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 & DeCielis). It will begin at 09:00 AM. The next 2 dates will be September 26th, & October 24, 2009 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank
You

Frank Busch

Health Benefit Update

By
Larry Dolabson

Kidney stones are made up of crystal-forming minerals in the urine. If you drink an adequate amount of water, urine is diluted and these crystals pass out of the kidneys. Normal urine also contains substances that inhibit crystal formation. However, if urine is too concentrated or if these crystal-preventing compounds aren't working properly, crystals may gradually accumulate and grow to form one or more kidney stones. At some point, most kidney stones are passed naturally from the kidney and down the tubes connecting the kidneys to the bladder, and out in your urine. Signs and symptoms of kidney stones to watch for are blood in the urine, nausea or vomiting, persistent urge to urinate, and fever and chills if an infection is present. To help limit the risk of kidney stones you should drink plenty of water, limit meat intake, reduce sodium, and get calcium in your diet.

PRESIDENT'S REPORT

(Continued from Page 1)

According to the Postal Service the employee incentive offer is the latest in a series of cost reductions the Postal Service has made this year. Cost saving during 2009 is expected to total more than \$6 billion, included is the following actions:

- > Cutting more than 100 million work hours, the equivalent of 57,000 positions;
- > Halting construction of new postal facilities;
- > Closing six district offices;
- > Negotiating an agreement with the NALC that adjusts letter carrier routes to reflect diminished volume;
- > Instituting a nationwide hiring freeze;
- > Reducing authorized staffing levels at postal headquarters and area offices by at least 15 percent;
- > Selling unused and under-utilized postal facilities;
- > Adjusting Post Office hours to better reflect customer use;
- > Consolidating mail processing operations;
- > Freezing salaries of all postal service officers and executives.

I don't know if these costs cutting efforts that the Postal Service is making will actually work, but only time will tell. However, if they continue to push for five (5) day delivery I believe that in and of itself will harm the Postal Service as opposed to helping. Remember once we lose that day of delivery I do not believe we will ever get it back and UPS and FED-EX is sitting there waiting for it to happen so they can put there contingency plans in place to make deliveries on a day that the USPS will choose to no longer service. Let's hope wisdom prevails.

Results From the Recent MIARAP Adjustments

The following is the results from the MIARAP process the affects the offices that are represented by Branch 2462.

Sun Valley there was two (2) regular routes eliminated, one (1) auxiliary route eliminated and one (1) regular route converted to an auxiliary route.

Tarzana there was two (2) regular routes eliminated, one (1) auxiliary route eliminated and one (1) regular route converted to an auxiliary route.

Encino 91316 there was no regular routes eliminated; however, there were two (2) auxiliary routes eliminated and two (2) regular routes converted to auxiliary routes.

Encino 91436 there was two (2) regular routes eliminated, no auxiliary routes eliminated and no regular routes converted to auxiliary routes.

Sherman Oaks 91403 there was two (2) regular routes eliminated and one (1) auxiliary route eliminated.

Sherman Oaks 91423 there was one (1) regular route eliminated and one (1) regular route converted to an auxiliary route.

VNMO 91405 there was two (2) regular routes eliminated, one (1) auxiliary route eliminated and one (1) regular route converted to an auxiliary route.

VNMO 91406 there was two (2) regular routes eliminated, one (1) auxiliary route eliminated and one (1) regular route converted to an auxiliary route.

VNMO 91411 there was one (1) regular route eliminated, one (1) auxiliary route eliminated and one (1) regular route converted to an auxiliary route.

In all there were 15 regular routes eliminated, 10 aux routes eliminated and 9 regular routes converted to aux routes. Three (3) of the nine (9) auxiliary routes have additional duties added to make an eight (8) hour bid position, such as collection runs.

Happy Anniversary to the NALC

On August 30, the NALC will observe its 120th anniversary; the NALC was first organized on August 30, 1889 during a meeting above Schaefer's Saloon in Milwaukee, Wisconsin. This is when a small band of letter carriers held a meeting above Schaefer's Saloon and created a national association to represent them in obtaining better wages and benefits. The 60 or so letter carriers unanimously voted to form the union, and quickly chose William Wood of Detroit as the National Association of Letter Carrier's first President and appointed an Executive Board to work with members of Congress on legislation that would benefit them. There will be further information on the anniversary in the August Postal Record magazine.

No COLA Adjustment for January - July Period

There was no COLA accumulation reflected during the six month fifth cost-of-living (COLA) period under the 2006-2011 National Agreement between January 2009 and July 2009.

There also has not yet been any accumulation toward the 2010 retiree COLA based on the July CPI-W.

The next COLA period the sixth under the current contract runs from now through January 2010.

The projected accumulation toward the 2010 COLA for Federal Employees Compensation Act (FECA) participants, which is based on the increase in the CPI-W between December 2008 and December 2009, is 2.8 percent through July.

"THE MAIL CALL"

BRANCH 2462, NALC

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6910 Hayvenhurst Ave., # 101
Van Nuys, CA 91406

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Branch Meeting Minutes September 1, 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 6:37 p.m. The Pledge of Allegiance was led by Sgt-at-Arms ASKEW

MOMENT OF SILENCE—In Memory of JESUS GARZA, Retiree from Tarzana, ANTHONY HERNANDEZ, son of member SALLY HERNANDEZ of Encino & SEN. TED KENNEDY a true friend of Labor

ROLL CALL OF OFFICERS

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

ABSENT—NONE

MINUTES ACCEPTED AS PRINTED IN MAIL CALL
CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP—NONE

BILLS READ—NONE

COMMITTEE REPORTS

TRUSTEES

All is well

RETIREES

5 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. Retiree Dinner will be held on October 18th at Encino Glen Restaurant. Cost will be \$ 5 per member or guest.

HBR—L. DOLABSON Checked out dental program we received and would recommend holding off to see what the NALC plan offers in November. Open Season will be from November 9th thru December 14th this year.

MDA \$ 649 currently in fund. Donation of \$ 100 was used to secure Bowling Alley for upcoming bowl-a-thon on November 1, 2009.

MBA—ENZ Working with NPR carriers on their eligibility for disability payments.

FINANCIAL/TREASURERS REPORT—JOHNSON

MOTION—Accept Financial reports as read M/S/C
VICE-PRESIDENT J. DOLABSON We will be having our annual Picnic on October 11, 2009 at the Santa Anita Race track. Watch for my article in the

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 hold Bowl-a-thon at Matador Bowl on Balboa and Nordoff M/S/C

MOTION—Branch set time of Bowl-a-thon to be Between Noon and 2 pm M/S/C

MOTION—Branch purchase 400 Bass Calendars
Cost to the Branch \$ 1,400.00

M/S/C

MOTION—Branch hold a BBQ at the Civic Center Station to honor the Carriers as they leave to work at Main Office. Cost not to exceed \$ 150.00
M/S/C

UNDERLINED INDICATES UNANOMOUS VOTE

OLD BUSINESS-NONE

GOOD OF THE ASSOCIATION

MDA DRAWING

\$ 5 JEFF JACKSON—PANORAMA CITY

\$ 5 STEVE RUSHTON—SUN VALLEY--DONATED

\$ 15 BOB ENZ--ENCINO

Meeting Adjourned 8:30 PM



ATTENTION BOWLERS

SUNDAY

NOVEMBER 1, 2009

Branch 2462 is having a Bowl-a-Thon
To Fight Against

MUSCULAR DYSTROPHY

THERE WILL BE SIGN UP SHEETS IN ALL
OFFICES

PLAN ON BEING AT MATADOR BOWL
CORNER OF BALBOA & NORDOFF
NOON – 2 PM THERE WILL BE FREE FOOD
& A GREAT CHANCE TO RAISE SOME
MONEY FOR "JERRY'S KIDS"