

PRESIDENT'S REPORT

By JANETTE DOLABSON

Food Drive Update

This year's Stamp Out Hunger Food Drive is Saturday May 12th. This will be our 26th year collecting food that goes directly to our local food banks and pantries across the country. The Branch will be hosting our kick off media event on Tuesday May 8th at MEND Food Bank in Pacoima from 10:00-11:00 am. If you are off the day we would love to invite you to come be a part of it.

KTLA will be broadcasting live from MEND the morning of the food Drive at MEND from 6-10 am. I invite you to come be on air live with us. Wear your uniform. I will have more information next month.

Learn more about EAP

The Employee Assistance Program is governed by Article 35 of the National Agreement. EAP is jointly administered by NALC, other postal unions and USPS. It provides confidential education, referral and counseling to help employees through personal challenges of all types, including alcoholism and drug-abuse programs. Letter carriers seeking EAP services may contact their local union officers for information, call 800-327-4968 or go to www.eap4you.com. Here are helpful documents: Domestic violence, indicators for managers,

Know what to do for suicide prevention, Suicide—Help is available, The role of co-workers in preventing suicide. Free, anonymous EAP screening. The National Joint Employee Assistance Program Committee has created a place where any letter carrier may obtain a free screening for depression or alcohol abuse, on the Web at www.eap4you.com.

Planning to retire

Information for NALC members planning to retire soon While the Office of Personnel Management (OPM) makes all decisions regarding retirement entitlement, current employees are required to apply for retirement through the USPS Human Resources Shared Services (HRSSC). HRSSC can be reached by calling 877-477-3273, option 5. When calling HRSSC, be prepared to provide your Employee ID and PIN. Upon request, HRSSC will: Mail an individualized annuity estimate based on a projected retirement date provided by the employee; Schedule and provide telephonic individual pre-retirement counseling; Mail a packet of information (usually called the 'blue book') of forms and guidance. HRSSC retirement services can alternately be accessed by employees close to retirement eligibility on-line using the LiteBlue eRetire application. Employees must know their Employee ID and USPS Pin numbers to access eRetire.



"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
John Burton

The NALC has negotiated a new National Agreement that will help keep us unified and equal. We pay our union dues to ensure that we can be as well prepared as possible to attain a fair deal for letter carriers. We've always been successful. This also goes for our fight with Congress. The contract oversees every day operations but Congress has the ultimate say over the longevity of the USPS. NALC has been successful in our fight for:

A strong middle class job, Leave (annual and sick), Overtime, Affordable healthcare, TSP (thrift savings plan), Workers compensation, Dependent care, and collective bargaining to name a few. We have done this through our union's PAC, Letter Carrier Political Fund (LCPF). But the fight is not over. While the USPS negotiates the contract, Congress has the right to take collective bargaining away with ONE vote.

Are you willing to sit back, and hope that Congress does the right thing, or are you willing to stand up and fight for your future? If you are ready to fight, there are some things that you may not be aware of. For example: how do we finance our struggle? Not with dues money, but with LCPF contributions. Not one single dollar from dues goes into Political Activity. I hope you will find all the information you need to convince you of the importance of becoming a LCPF contributor. The \$5 per pay period is your willingness to help continue to fight to keep the benefits that our brothers and sisters who came before us fought so hard to earn

LCPF is here in order to:

- o Allow NALC to support political leaders and groups in both parties who defend Letter Carrier benefits and protect Letter Carrier jobs.
- o Give NALC the opportunity to show our friends in Congress who have supported us in the past that we appreciate the work they have done and encourage their continued support.
- o Provide NALC the opportunity to support policies that are favorable to all working people – defending social security, improving health care benefits, and strengthening collective bargaining rights.

LCPF is a Non-Partisan PAC

- o That contributes to candidates that are friendly to Letter Carriers regardless of their party.
- o LCPF contributions have gone to a diverse group of elected officials from Minnesota Democrat Senator Al Franken to South Dakota Republican Representative Kristi Noem.

The interests LCPF protects are:

- o A strong USPS.
- o Job security for Letter Carriers.

(Continued on Page 3)

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	5	6	4								
ENCINO	5	4	4								
PANORAMA CITY	2	3	3								
SHERMAN OAKS	1	4	2								
SUN VALLEY	1	1	0								
TARZANA	1	2	0								
RETIREE'S	4	4	5								
TOTAL	19	24	19								

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

**NEXT MEETING
6:30 PM**

**APRIL
3rd
"2018"**

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

April 6, 2018

**WEB PAGE.... WWW.NALCBRANCH2462.ORG
BRANCH OFFICE.....818-786-8505
O P C PERSONNEL OFFICE.....818-374-5600
E-Mail.....Branch2462nalc@gmail.com**

"RETIREE CORNER" ATTENTION: !!!!

Our next 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 March 24th & April 28, 2018 (4th Saturday) So, please mark your calendar....We hope to see you there.
Thank You

Bob Johnson

PRESIDENT'S REPORT

(Continued from Page 1)

The LiteBlue eRetire application allows the following: View and print individualized annuity estimates; Request and obtain a retirement application packet in one of two ways: Download and print a retirement application packet; Order a retirement application packet and receive it in the mail. Schedule a retirement counseling session. In addition to information available from the USPS HRSSC, retirement information is available from OPM; and retirement information and advice is available to NALC members from the NALC Retirement Department. The NALC Retirement Department publishes a leaflet titled "Preparing for Retirement," and Question & Answer booklets on retirement matters for CSRS and FERS.

Retirement counseling

Letter carriers approaching retirement eligibility have a contractual right to individual pre-retirement counseling from the Postal Service, upon request. The purpose of the counseling is to promote fully informed retirement decisions by employees. The Postal Service individual counseling is provided telephonically by a retirement specialist at the USPS Human Resources Shared Services Center (HRSSC). Letter carriers initiate and schedule the counseling session by calling HRSSC at 877-477-3273 option 5, or online at the Liteblue eRetire application. Letter carriers have a right to this individual counseling on the clock, if desired.

When a letter carrier wishes to receive the counseling on the clock, local management must arrange reasonably private space. The letter carrier has the right to have his or her spouse and/or an advisor present during the counseling. The counseling will include (but not be limited to) assistance with completing forms (e.g., StandSF2801 and any other forms related to FEGLI, FEHB, and TSP) and military and civilian service deposit issues. If a letter carrier is unable to begin or complete a scheduled individual retirement counseling session, that issue will be addressed at the local level jointly by the union and management. The Postal Service is required to provide individual and group retirement counseling. That obligation flows from law (the Civil Service Retirement Act and Federal Employees Retirement Act), Office of Personnel Management guidance (OPM is the federal agency that has authority to administer the CSRS and FERS), USPS Employee and Labor Relations Manual provisions, and national level settlements with the NALC. Should you encounter any difficulties obtaining individual retirement counseling, contact the NALC Retirement Department for assistance.



VICE PRESIDENT'S REPORT

(Continued from Page 2)

- o Affordable health care benefits.
- o Fair and livable wages.
- o Safe and secure pensions

LCPF Disclaimer

By making a contribution to the Letter Carrier Political Fund, you are doing so voluntarily with the understanding that your contribution is not a condition of membership in the National Association of Letter Carriers or of employment by the Postal Service, nor is it part of union dues. You have a right to refuse to contribute without any reprisal. The Letter Carrier Political Fund will use the money it receives to contribute to candidates for federal office and undertake other political spending as permitted by law. Your selection shall remain in full force and effect until cancelled. Contributions to the Letter Carrier Political Fund are not deductible for federal income tax purposes. Federal law prohibits the Letter Carrier Political Fund from soliciting contributions from individuals who are not NALC members, executive and administrative staff or their families. Any contribution received from such an individual will be refunded to that contributor. Federal law requires us to use our best efforts to collect and report the name, mailing address, occupation and name of employer of individuals whose contributions exceed \$200 per calendar year. Any guideline amount is merely a suggestion, and an individual is free to contribute more or less than the guideline suggests and the Union will not favor or disadvantage anyone by reason of the amount of their contribution or their decision not to contribute.



**H.B.R NEWS
BY
LARRY DOLABSON**

ALERT: Phone Scam Warning

There have been reports of scammers claiming they are with Cigna and the Coordination Health Program. They are telling would-be victims to call the Coordination Health Program back at (844) 293-9867. DO NOT call this number back! We have verified with Cigna that this number is not affiliated with Cigna. Scammers at this number are luring victims into giving away their personal information. Please beware and if you have questions or concerns please call the NALC Health Benefit Plan's investigation unit at 1 888-636-6252.

"THE MAIL CALL" BRANCH 2462, NALC

Steve Seyfried, Editor

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

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Branch Meeting Minutes

March 6, 2018

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 J. DOLABSON at 6:54 p.m. The Pledge of Allegiance was led by SGT-AT-ARMS DOZAL

MOMENT OF SILENCE--In Memory All Letter Carriers who have Passed this Year

ROLL CALL OF OFFICERS

PRESENT--J. DOLABSON, BURTON, SEYFRIED, MULLINAX, JOHNSON, DOZAL, JEFFREY, MACARAEG, L. DOLABSON, ENZ

ABSENT—WILSON

MINUTES ACCEPTED AS PRINTED IN MAIL CALL WITH FOLLOWING CORRECTION

Amount to be given to each qualified Convention Delegate will be \$ 1850.00.

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP

OGANES TOVMAYAN, BRUCE JUNM, DAVE HATHAWAY, ROBERT KASHKAYAN, YESENIA VALLE, ADRIANA SARABIA

BILLS READ—NONE

COMMITTEE REPORTS

AUDIT COMMITTEE No Report
HEALTH & SAFETY--DOZAL Wear your seat belts at all times when inside of your vehicle and always be aware of your surroundings.

RETIREES 5 retiree's present tonight.
13 were at the Breakfast.

MDA FUND--DOZAL Currently \$1234.00 in fund
MDA REPORT--MACAMAEG We are having a Bowl-a-Thon at 8pm, on March 24th at the Matador Bowl in Northridge. Minimum donation is \$ 40.00 and will include Pizza, unlimited soft drinks. We will also be having a DJ to play music while you KNOCK DOWN THE PINS FOR MDA !!! Signup sheets will be in all offices so get ready to have a fun night. We are still having yard sales so drop off your unwanted items at the Union Office or give them to your Shop Stewards.

HBR--L. DOLABSON Should have latest enrollment figures soon.

EAP--DANIELS New office of EAP has opened in Santa Clarita at the Main Plant. Spoke on signs and symptoms of Opioid abuse. Also on the importance of being prepared for Earthquake, Mud slides and other Natural Disasters. Here in California it never hurts to be prepared.

FINANCIAL SEC REPORT--MULLINAX

TREASURERS REPORT—JOHNSON

Motion—accept financial report as read M/S/C
VICE-PRESIDENT BURTON No more unassigned Regular Carriers in Van Nuys. Next open routes should result in CCA conversions. New vehicle loading system has begun. Make sure you follow instructions given by your local management.

PRESIDENT J. DOLABSON Gave her report which will be published in the MailCall

OLD BUSINESS—NONE

NEW BUSINESS--NONE

UNDERLINED INDICATES UNANIMOUS VOTE

MDA DRAWING

\$ 3 DAN RATHBONE--RETIREE--DONATED
\$ 4 RAPHAEL PEREZ—PAN CITY--DONATED
\$ 6 BOB JOHNSON—RETIREE—DONATED \$ 4

Meeting Adjourned 7:57 PM

ATTENTION RETIREE'S !!!

You may be familiar with the saying "There is no such thing as a Free Lunch" While this may be true, it does not pertain to Breakfast. The Branch holds a Retiree Breakfast meeting every 4th Saturday of the Month. No Voting, just a friendly get together to talk and eat. The best thing is

IT IS FREE !!!

That's right, if you are a retired member in good standing of Branch 2462 your Breakfast is provided at no charge
You Heard Right !

FREE !!!!

So what are you waiting for, meet with us this month.

When 4th Saturday of Every Month
Where Denny's Restaurant,
(Corner of Sherman Way & DeCelis).
Time 9:00 AM

If you have trouble with transportation contact BOB JOHNSON and we will try and arrange for a ride. Come on out, you will have a great time, and the price is right !

Active Members are invited to attend also if it is your Day Off !!