

**Representing the Stations of
Encino – Panorama City – Sherman Oaks – Sun Valley – Tarzana – Van Nuys Main**

VOLUME 56

AUGUST 2019

NUMBER 7

PRESIDENT'S REPORT

By JANETTE DOLABSON

Food Drive Update

Nationally we collected 76.1 million pounds of food. Over the past 27 years Letter Carriers have collected 2.43 billion pounds of food. Region 1 totals was 1,384,950 pounds. That is up 10% over last year and our highest total over the past 27 years. Our district total was 1,578,296 pounds. That was down by 3%. There were a number of reasons why our total was down but most of all it was because this year we did not have paper bags in most of the district. We had plastic. Plastic bags are way better than no bags but our collection of food by pounds is always less with plastic. Hopefully, next year we will be able to secure paper bags. Overall it was a great year for the food drive helping feed or folks in need in our communities. You all should be very proud of what we have accomplished together.

Consolidated Casing

Sherman Oaks office is still on the list for offices that will be undergoing the Pilot test for Consolidated casing. They do not have an exact date yet that they will be going on line but, most likely sometime late this Summer or in the Fall. As soon as I have a date, we will be setting a class at the union hall for all carriers from that office to attend to help them navigate this new process. Since it is a "Pilot Test" the Postal Service is using Article 34 of the contract to, pretty much do what they want. In the office that has going through this process it did not go well and it was not pretty. Casers began at 5:30 and carriers did not begin until 8:30 for the first group. Casers will case 6 routes into one case configuration. One route into first side on left, one route in the middle case and 3rd route on the right case. After they finish casing and pulling down those 3 routes, they will flip the labels and do the next 3 routes. First group of carriers come in at 8:30 to get their mail from those routes, along with the parcels, accountable mail and scanners. Then they will hit the street with their sprs and parcels, FSS and DPS. Their street time will be 7:45. Their office time will be 15 mins. (Supposedly). The casers will case all six routes and then carry part of a route for the rest of their tour. Obviously there have been a lot of problems with this "TEST".

There are lots of contract violations that go along with management changing, unilaterally, carrier's jobs. All those violations are mostly going to be filed at the local branches.

There is a National Grievance that has been filed at the National Level.

Heat Safety

As the Summer starts to heat up we need to make sure that we keep ourselves hydrated and our bodies as cool as possible. Do not wait until you are thirsty before you start to drink fluids. Stay away from caffeine and sodas and sugary drinks and stick with water or fluids that are designed to keep you hydrated.

Here are the key points of advice from safety talks.

- Hydrate before, during and after work. Prevention is important, so make sure to maintain good hydration by drinking at least 8 ounces of water every 20 minutes.
- Dress appropriately for the weather. On warm days, make sure to wear light colored, loose fitting, breathable clothing to keep body temperatures down.
- Utilize shade to stay cool. When possible, use shaded areas to stay out of direct sunlight.
- Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety. Here are some things to look out for:
- Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat-related illnesses.

If you have a heat related injury at work please see your Shop Steward and fill out the Heat Injury report so we can follow up on the injury and make sure that your office is compliant with the rules regarding these kinds of injuries.

(Continued on Page 3)

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Vice President's Report

By
John Burton

Many people are exposed to heat on the job, in both indoor and outdoor heat environments. Operations involving high air temperatures, radiant heat sources (e.g., sunlight, hot exhaust), high humidity, direct physical contact with hot objects, or strenuous physical activities have a high potential for causing heat-related illness.

Outdoor workplaces

Working in hot weather and direct sun, such as farm work, construction, oil and gas well operations, landscaping, emergency response operations, and hazardous waste site activities, also increase the risk of heat-related illness in exposed workers. Every year, many workers become sick from occupational heat exposure, and some are fatally injured. **These illnesses and fatalities are preventable.**

When a person works in a hot environment, the body must get rid of excess heat to maintain a stable internal temperature. It does this mainly through circulating blood to the skin and through sweating.

When the air temperature is close to or warmer than normal body temperature, cooling of the body becomes more difficult. Blood circulated to the skin cannot lose its heat. Sweating then becomes the main way the body cools off. But sweating is effective only if the humidity level is low enough to allow evaporation, and if the fluids and salts that are lost are adequately replaced.

If the body cannot get rid of excess heat, it will store it. When this happens, the body's core temperature rises, and the heart rate increases. As the body continues to store heat, the person begins to lose concentration and has difficulty focusing on a task, may become irritable or sick, and often loses the desire to drink. The next stage is most often fainting and even death if the person is not cooled down.

Excessive exposure to heat can cause a range of heat-related illnesses, from heat rash and heat cramps to heat exhaustion and heat stroke. Heat stroke can result in death and requires **immediate medical attention.**

Most heat-related health problems can be prevented, or the risk of developing them can be reduced.

If you start feeling sick from the heat stop, get to a cool place, drink water, and call your supervisor. If you start getting the symptoms of heat exhaustion or heat stroke call 911 immediately. don't risk your life to try and make managements numbers.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	4	5	5	5	5	5	4				
ENCINO	4	5	3	4	5	5	5				
PANORAMA CITY	4	3	2	2	3	2	3				
SHERMAN OAKS	3	3	3	2	3	4	3				
SUN VALLEY	1	1	1	1	1	1	1				
TARZANA	1	1	1	0	1	1	1				
RETIREE'S	3	4	6	5	6	6	3				
TOTAL	2022	2119	2424	2420							

**MEETING PLACE OF BRANCH 2462, NALC
6910 HAYVENHURST AVE., SUITE 104
VAN NUYS, CALIFORNIA**

**NEXT MEETING
6:30 PM**

**AUGUST
6th
"2019"**

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

August 9, 2019

**WEBPAGE.....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 & DeCelis). It will begin at 09:00 AM. The next 2 dates will be July 27th & Sept 28, 2019 (4th Saturday) So, please mark your calendar....We hope to see you there.
Thank You

Bob Johnson



PRESIDENT'S REPORT

(Continued from Page 1)

Contract Negotiations Update

The leaders of the National Association of Letter Carriers and the United States Postal Service formally opened negotiations for a new collective-bargaining agreement on June 26th, 2019. In his opening statement, NALC President Fredric Rolando told Postmaster General Megan Brennan that, "As always, we will seek to preserve and improve the standard of living for city letter carriers. We aim to move forward, not backward. There will be no concessions offered or given. But we will work diligently and professionally to find common ground and mutual progress."

"We are committed to work with you in good faith and to do whatever it takes to achieve a mutually beneficial contract," he said. "But we are equally committed to fight for such a contract in interest arbitration, if necessary."

The present collective-bargaining agreement is set to expire at midnight on Sept. 20. More information on the opening session and future updates on bargaining will be in the *NALC Bulletin*, *The Postal Record*, on the NALC Member App and NALC's social media accounts.



Members attending the July Regular Meeting of the Branch 2462 MDA Poster Child JESUS CRUZ (Center) and his family. Jesus will be attending the MDA Summer Camp with the Branch's support and we are sure that he will have a wonderful time.



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 Other 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 !!



MDA BOWL-A-THON HUGE SUCCESS

Members and family of Branch 2462 turned out for MDA Bowl-a-Thon in Santa Clarita. We raised over \$ 900 and everyone had a great time bowling and eating Pizza. Plan on attending the next one in November. Don't miss out on all the fun.

"THE MAIL CALL"
BRANCH 2462, NALC
Steve Seyfried, Editor
6910 Hayvenhurst Ave., # 104
Van Nuys, CA 91406
Address Service Requested



Branch Meeting Minutes

July 2, 2019

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 6:44 p.m. The Pledge of Allegiance was led by Sgt-at-Arms RAUL DOZAL

MOMENT OF SILENCE-----In Memory of ALL LETTER CARRIERS AND MILITARY PERSONNEL WHO HAVE DIED.

ROLL CALL OF OFFICERS

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

ABSENT---ENZ

MINUTES ACCEPTED AS PRINTED IN MAIL CALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP

JOSHUA LOPEZ, GUS MENDOZA, DANIELA MARISCAL, CHRISTOPHER BASCOS, NEREO CRUZ

BILLS READ---NONE

COMMITTEE REPORTS

AUDIT COMMITTEE Audit will be on July 25th at 6:30 pm at the Union Office.

HEALTH & SAFETY---DOZAL Recent accident while backing, AVOID BACKING at all costs unless absolutely necessary. Carrier in Philadelphia saw struck from behind while loading vehicle and lost his leg. As we head into summer months be sure to stay hydrated at all times and immediately report any heat related sickness to your supervisor and Shop Steward.

TRUSTEES No Report

RETIREES 3 retiree's present tonight.

Next Breakfast July 27th.

MDA FUND--DOZAL Currently \$1507.00 in fund

HBR---L. DOLABSON Health plan has programs on Weight loss, Non smoking and Caregiving available. Check out the web site for further info..

MDA--MACARAEG Bowl-a-Thon was unqualified success. We raised \$974.00. Congrats to Encino, and Main Office for 1st, 2nd and 3rd places respectfully.

MBA---ENZ No Report.

FINANCIAL SEC---MULLINAX Still waiting for Membership Pins will be awarded when they come in. We are down to 7 non members in our Branch, we hope that these people will join us soon.

TREASURERS REPORT---JOHNSON READ

MOTION---Accept the Financial Reports as read
M/S/C

VICE-PRESIDENT BURTON Post office is coming out with their new 10 year plan, some of their brilliant ideas are to combine sick leave and annual together. Raise the pension contribution of Letter Carriers and eliminate the TSP program in favor of a private 401k plan. As usual nothing that would benefit workers. NALC will continue to fight these anti-Carrier ideas and maintain the life style and protection of our members. HR2382, which would repeal the pre-funding mandate now has 147 co-sponsors, we need 218 to pass.
PRESIDENT J. DOLABSON Report in the MailCall

EXECUTIVE BOARD MINUTES READ

OLD BUSINESS

BY-LAW -- A By-Law change was submitted to the Branch. It will be published in the MailCall and will be voted on at the August Regular Branch Meeting.

NEW BUSINESS

MOTION---Branch expend \$ 35.00 for a gate remote M/S/C
MOTION---Branch send the President to the COP meeting in Las Vegas on Oct 19-20th. Cost not to exceed \$ 1,000.00
M/S/C

MOTION---Branch send H B Rep LARRY DOLABSON to the H B Seminar in Las Vegas on Oct 20-23rd. Cost not to exceed \$ 1,100.00
M/S/C

MOTION---Branch purchase 400 Letter Carrier Color calendars @ \$ 4.00. Total cost \$1,600.00
M/S/C

MOTION---Branch pay the unsecured Property taxes for July 2019 – July 2020. Total cost \$ 133.37. M/S/C

MOTION---Branch purchase a door chime for Office front door. Cost not to exceed \$ 30.00. M/S/C

MOTION---Branch sponsor JESUS CRUZ to the MDA Summer Camp. Cost \$ 800.00, \$ 400.00 to come from the MDA Fund and \$ 400.00 from the Branch General Fund.
M/S/C

MOTION---Branch pay the Workman's Compensation insurance for Aug 2019 – Aug 2020, Cost to the Branch \$ 1,743.00
M/S/C

UNDERLINED INDICATES UNANIMOUS VOTE

Good of the Association

SPECIAL THANKS to JAMYAN MACARAEG and FRANCISCO VALENZUELA for their help with MDA. Special Guest's here tonight were our New Branch MDA Poster Child JESUS CRUZ, his mother CARMEN and his brother DIEGO. Also, our new MDA Rep KARMINE TAWAGON.

MDA DRAWING

\$ 4 JESUS CRUZ--GUEST
\$ 5 BOB JOHNSON---RETIREE--DONATED
\$ 10 TIA WILSON---SUN VALLEY---DONATED \$ 5.00
Meeting Adjourned 805 pm