

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

**VOLUME 62**

**DECEMBER 2025**

**NUMBER 11**

## **PRESIDENT'S REPORT**

**By  
JEMMAYEN MACARAEG**

Brothers and Sisters,

I would like to extend my heartfelt thanks to everyone who attended and supported our Retirees' Luncheon. Your presence helped make this celebration a truly special and memorable occasion.

To all who came out to honor our retirees—thank you for taking the time to show your appreciation and respect for their many years of dedication, hard work, and service. Your warm smiles, kind words, and thoughtful gestures created an atmosphere of joy and gratitude that perfectly reflected the spirit of the day.

A very special thank-you goes to our retirees who joined us. It was an honor to celebrate each of you and to recognize your incredible contributions. You have left a lasting impact on our organization and in the hearts of those who have had the privilege to work alongside you. Your legacy continues to inspire us all.

I was honored to present the Ray Kreyer Award to our Recording Secretary, Steve Seyfried, in recognition of his exceptional dedication and service that consistently goes above and beyond for our branch. I was also privileged to present the Harry Breneman Award (Shop Steward of the Year) to Fernando Cuadras, Shop Steward of Tarzana, for his outstanding commitment and leadership.

Both recipients are truly deserving of these honors. I extend my sincere gratitude to Steve and Fernando for their hard work, dedication, and continued contributions to our branch. Your efforts are deeply appreciated.

Thank you once again to everyone who helped make this luncheon a success—through your attendance, support, and enthusiasm. It was truly a day to remember. For pictures please visit Nalcbranch2462.org.

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**--SPECIAL NOTICE--  
NO BRANCH MEETING  
IN DECEMBER**

**BRANCH 2462  
HOLIDAY OPEN  
HOUSE  
FRIDAY EVENING  
DECEMBER 12, 2025  
AT  
MASONIC LODGE**

**14750 Sherman Way,  
Van Nuys, CA  
DOORS OPEN 6:30 PM  
DINNER 7:00 PM**

**ALL MEMBERS AND THEIR  
FAMILY  
ARE INVITED TO ATTEND  
FREE FOOD - FREE DRINK -  
FREE FUN  
DOOR PRIZES FOR MEMBERS  
FOOD WILL BE CATERED BY  
STONEFIRE GRILL**

"The MailCall" is published monthly by "Heart of the Valley Branch 2462, NALC, 6910 Hayvenhurst Ave., Suite 104, 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	4	5	6	7	6	3	3	5	2	5	2
ENCINO	2	1	1	2	3	1	1	1	0	0	1
PANORAMA CITY	4	4	6	2	3	3	3	1	4	2	3
SHERMAN OAKS	8	5	7	9	6	4	5	5	3	5	3
SUN VALLEY	0	0	0	0	0	0	0	0	0	0	0
TARZANA	1	3	2	1	1	1	1	2	1	3	1
RETIREE'S	8	4	7	7	6	6	5	9	5	6	5
TOTAL	27	27	29	28	25	21	18	23	15	21	15

## NEXT MEETING

**TUESDAY  
JANUARY 6th  
2026  
6:30 p.m.  
BRANCH OFFICE**

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

**Jan 11, 2026**

**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 Saturday Retiree Breakfasts are over for this year. The next Retiree Event will be the annual Frank Brash Retiree Luncheon which will be held on October 19, 2025, at Monterey at Encino, watch for further information in the MailCall  
Thank You

## A Message To The Membership

By

**Paul Jeffrey, Legislative Liaison**

A lot of us, right now, experience a sense of dread when it comes to current events and our political system. If you turn on the news, you're struck with images of people who are trying desperately to earn a living, being beaten and hauled in to mystery facilities by masked bounty hunters who are paid with your tax dollars. Then there's children's bodies being pulled from the wreckage in Gaza, whose homes were blown up by bombs paid for with your tax dollars. As a nation, we have now stopped sending any food relief to desperate families around the world, because the current president doesn't think it benefits him. Beginning on November 1st, the current administration put a halt to all SNAP food relief programs that are desperately needed by working poor families across America. When leaders attempted to work around this issue, the Administration took them to the Supreme Court to stop them from feeding the poor.

It can be frustrating and exhausting. Many people I know can no longer look at the news on television. It's easy to become overwhelmed by a sense of helplessness. I often find myself asking "What can I do?" when I see this type of injustice.

Well, there are things we can do. When I feel like this, I think of the Patti Smith song "People Have the Power". As I began writing this, I just returned home from the "No Kings" demonstration that took place worldwide on October 18th. GOP leaders in Washington tried to paint this as the "I Hate America" march. They couldn't have been more wrong. What I saw at that rally was a diverse group of people who dearly love this country & want to save it from becoming an authoritarian dictatorship. What I heard from people there was a desperate call to adhere to the U.S. Constitution. People were waving American flags, and there were many signs with clever and sometimes funny messages. My wife and I were joined by one of our sons as we marched through the streets of Pasadena. There was no hatred on display whatsoever. What I felt was solidarity and commitment to make a difference.

This administration has made it clear that they are no friend to working people, and the labor movement in particular. When next year's budget comes up in Congress, we can expect further attacks on Union protections. Collective Bargaining, the right of Unions to negotiate fair conditions and benefits for their members, has been taken away from over a million Federal employees. The NALC won the rights to collective bargaining with the Postal Strike of 1970. Forces within the Administration would love to have Collective Bargaining taken away from Postal employees.

What can we do?

Well, for one we can vote. Voters sent a clear message across the country on November 4th. People are not happy with the direction the current administration is taking us. Free & fair elections are our best protection from tyranny.

Another thing we can do is to amplify our voices by lobbying members of Congress. There is power in numbers,

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# PRESIDENT'S REPORT

(Continued from Page 1)

## NALC Executive Council meets as bargaining subcommittees continue collective-bargaining preparations

The NALC Executive Council met at NALC Headquarters in Washington, DC, to continue preparations for the next round of collective bargaining. Negotiations with the Postal Service will officially begin in February 2026, as the current National Agreement is set to expire on May 22, 2026. Internal bargaining subcommittees, composed of Executive Council members and Headquarters staff, have been assigned specific articles of the National Agreement and are meeting on a regular basis to review information and develop proposals for submission in the bargaining process. Here is a list of the subcommittees that each Executive Council member has chosen to serve on, along with the related National

### Agreement articles:

Articles 4, 8, and 41

Assistant Secretary Treasurer Mack Julion, Director of City Delivery Chris Jackson, Region 6 NBA David Mudd, Region 15 NBA Bruce Didriksen

Article 4—Technological and Mechanization Changes

Article 8—Hours of Work

Article 41—Letter Carrier Craft

Articles 5, 15, 17, and 31

Director of Retired Members Dan Toth, Region 2 NBA Nick Vafiades, Region 5 NBA David Teegarden, Region 8 NBA Steve Lassan, Region 14 NBA Rick DiCecca, Trustee Charlie Heege

Article 5—Prohibition of Unilateral Action

Article 15—Grievance-Arbitration Procedure

Article 17—Representation

Article 31—Union-Management Cooperation

Articles 7, 12, and 26

Director of Life Insurance Jim Yates, Region 3 NBA Mike Caref, Region 11 NBA Mark Camilli, Region 12 NBA Brian Thompson, Trustee Larry Brown

Article 7—Employee Classifications

Article 12—Principles of Seniority, Posting, and Reassignments

Article 26—Uniforms and Work Clothes

Articles 13, 14, and 35

Director of Safety and Health Manny Peralta, Region 7 NBA Patrick Johnson, Region 10 NBA Shawn Boyd

Article 13—Assignment of Ill or Injured Regular Workforce Employees

Article 14—Safety and Health

Article 35—Employee Assistance Program

Articles 10, 11, 16, and Appendix B

Director of Health Benefits Stephanie Stewart, Region 4 NBA Dan Versluis, Region 9 NBA Eddie Davidson

Article 10—Leave

Article 11—Holidays

Article 16—Discipline Procedure

Appendix B—Section I of the 2013 Das Award

### Miscellaneous

Secretary-Treasurer Nicole Rhine, Region 13 NBA Vada Preston, Trustee Sandy Laemmel

Article 1—Union Recognition

Article 2—Non-Discrimination and Civil Rights

Article 20—Parking

Article 22—Bulletin Boards

Article 23—Rights of Union Officials to Enter Postal Installations

Article 24—Employees on Leave with Regard to Union Business

Article 25—Higher-level Assignments

Article 27—Employee Claims

Article 28—Employer Claims

Article 29—Limitation on Revocation of Driving Privileges

Article 30—Local Implementation

Article 33—Promotions

Article 36—Credit Unions and Travel

Article 42—Energy Shortages

Each subcommittee will meet weekly over the next several months. As their work progresses, additional information from members will be available for their consideration.

First, a Rank-and-File Bargaining Committee of 30 letter carriers will meet for several days in mid-September. The group will be divided into three subgroups: branch leaders, experienced members in contract enforcement, and newer members. They will go through a similar review process to the Executive Council bargaining subcommittees and offer valuable input on potential proposals from their various perspectives.

In addition to these committees, NALC will make surveys available to all members nationwide this fall.

Each subcommittee is tracking its progress by preparing and submitting reports following each meeting. These reports detail information including which articles were discussed, what materials were reviewed, the status of proposal drafts, and when the subcommittee is scheduled to meet next.

Subcommittees are reviewing the following materials:

Official NALC bargaining positions — Resolutions submitted by branches and state associations that have been debated, voted on and adopted at past national conventions dating back to 1970.

Prior bargaining proposals — Proposals from previous rounds of collective bargaining that can potentially be reworked or resubmitted.

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# **PRESIDENT'S REPORT**

**(Continued from Page 3)**

Collective-bargaining agreements of other unions — Contract items and elements that might translate well into our craft or prompt ideas relevant to city letter carrier issues.

Rank-and-File Bargaining Committee reports — Ideas developed by the Rank-and-File Bargaining Committees comprised of Branch Leaders, Contract Enforcers and Newer Members. These committees met in the Washington, DC, area in mid-September and underwent a weeklong review process similar to the one followed by the Executive Council and staff bargaining subcommittees.

NALC will continue to provide updates as the collective-bargaining preparation process progresses.

## **USPS notifies NALC of time frame for December penalty overtime exclusion period**

The Postal Service has notified NALC of the December period during which penalty overtime regulations are not applicable. As referenced in Article 8, Sections 4 and 5 of the USPS-NALC National Agreement, this period consists of four consecutive service weeks.

This year, the December period begins Pay Period 26-2025, Week 1 (Nov. 29, 2025) and ends Pay Period 01-2026, Week 2 (Dec. 26, 2025).

Keep in mind, the penalty overtime exclusion period does not affect the new provision bargained for and included in the 2023-2026 National Agreement outlined in Article 8, Section 4.G. This provision, which in accordance with M-02009 began on July 1, 2025, requires letter carriers to be paid at the rate of two and a half (2½) times their base hourly straight time rate for any hours worked beyond 12 hours in a service day or 60 hours in a service week. This requirement to compensate letter carriers at that rate of pay is unchanged during the December period. All hours worked in excess of 12 hours in a service day or 60 hours in a service week will still be paid at 2½ times the normal rate of pay.

## **2025 Open Season Your Guide to the 2025 Open Season for Health Benefits!**

**UPDATE FROM OPM:** The Office of Personnel Management (OPM) has extended Open Season for the Postal Service Health Benefits Program (PSHP) until Friday, Dec. 13th at 11:59 pm EST. Open Season for health benefits is here! It runs Nov. 11 through Dec. 13, and it marks the first Open Season under the new Postal Service Health Benefits (PSHP) Program.

### **What You Need to Know:**

**Automatic Enrollment:** If your current health plan is transitioning to PSHP, you'll be automatically enrolled in the same plan for 2025. No action needed unless you wish to switch.

**Make Changes:** If your plan is not participating in PSHP, you must choose a new plan during this Open Season, or you'll be automatically enrolled in a basic nationwide option. Below are recent materials sent from OPM. Use them to help you set up your login.gov account and navigate the enrollment site. More information will be provided here as it becomes available.

Experiencing issues with login.gov? Try Form 2809! Postal Service Health Benefits program enrollment can be facilitated by completing form SF2809, Health Benefits Election Form, accessible on the OPM website and MyHR.USPS.gov.

### **Why should you choose the NALC health benefit plan?**

The Plan's mission is to provide our members accessibility to quality medical care while maintaining a comprehensive benefit package. We pride ourselves on offering excellent benefits with affordable premiums.

As we commence the 2025 Open Season, I want to take some time to talk about the NALC Health Benefit Plan (the Plan). To do this, I will briefly highlight where we started 75 years ago, discuss monumental changes for this year, and then close with the future updates important to our organization and operations. While many of you may know some of the information, it is important to remember where we began and the dream of our forefathers, as this brings us a better understanding of the future.

**Past:** From the Plan's start in 1950, the National Association of Letter Carriers created a health plan with a simple goal—to unite all letter carriers into the health plan NALC established. The foundation and roots of the Plan has been, and will always be, to provide a health insurance option built by letter carriers for letter carriers.

We have reached many milestones over the years, including a significant increase in the programs and services that members can utilize to better understand and help control various health conditions. We also have expanded the services we offer to make sure that our members have access to the coverage they need as letter carriers.

**Early 2025:** Moving into January of this year, we became part of a historic event by offering plan options in the Postal Service Health Benefits (PSHB) Program. For the first time in its history, the Plan created policies and insured federal employees and postal employees through separate insurance plans. As most of you know, this change was a key provision in the Postal Service Reform Act of 2022, a bipartisan law that aims to stabilize the financial health and modernization of the U.S. Postal Service.

As a health plan owned by the National Association of Letter Carriers, NALC recognized the creation of the PSHB program as an opportunity to expand our Plan and better serve all letter carriers. Although we faced many challenges throughout the PSHB implementation and the rollover of Plan

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## PRESIDENT'S REPORT

(Continued from Page 4)

members into PSHB, the Plan was able to provide guidance and assistance to our members who experienced problems and to complete the PSHB transition. It's also exciting to know that for the first time in our Plan's history, we have become the second-largest fee-for-service carrier in the health benefit program letter carriers can choose from.

### **Now and the future: This is your year to become part of our plan. Why?**

There are many reasons to consider the NALC for your health insurance, but there is one thing that sets us apart. We listen to our members, and we continue to make changes based on letter carriers' health needs. Something you have long been waiting for is the extension of our core business hours. Beginning Nov. 10, we are pleased to announce the implementation of a second customer service shift. The Plan's new hours will be from 8 a.m. through 6 p.m. Eastern time, Monday through Friday.

### **Website redesign:**

New and improved, we are happy to introduce the launch of our revamped NALC Health Benefit Plan website. Make sure to check it out. Experience better access to information, new information architecture, and an updated search function working to get you answers and resources—fast. From organized content and easy user engagement to universal access—meaning that the design works well across all devices (desktop, tablet or smartphone)—you will have a smooth experience no matter how you connect.

2026 Federal Employees Health Benefits (FEHB) Plan changes: Although this does not directly affect letter carriers, or other postal employees, we know that many of you have federal employee friends and family who also support our health plan. Unfortunately, the NALC Health Benefit Plan will not participate in the FEHB Program for the 2026 contract year and will not be offered to FEHB enrollees in 2026. We understand that this is a significant change; however, we simply were no longer able to meet our mission for federal employees.

While this is a notable change, it is important to understand that this will not affect the Postal Service Health Benefits (PSHB) Program and/or postal enrollment options.

We will continue our journey forward, doing what we do best, while returning to our beginning, which started with a focus completely on letter carriers. We look forward to continued growth and success as we welcome more postal enrollees into our plan during Open Season.

Referenced: Postal Record,  
Director of Health Stephanie Stewart

## Message To The Membership

(Continued from Page 2)

and the NALC has nearly 300,000 members. When we speak with a united voice, Congress pays attention. The Letter Carriers Political Fund is the branch of our Union that serves to connect with our Congressional representatives, ensuring they support legislation that protects our interests and our members. We have very effective lobbyists working in Washington DC on our behalf, and this fund gives them access to those members of Congress, regardless of political party. We support people who support us.

You can invest in the future of our salaries, benefits & retirement by supporting the Letter Carriers Political Fund. Active carriers can sign up for the Letter Carrier Political Fund (LCPF) through payroll deduction via PostalEase (online or phone), by direct bank withdrawal, or by annuity deduction for retired members. To sign up, you can log in to PostalEase to set up a payroll allotment, or for a direct withdrawal, complete and mail the Electronic Funds Transfer form. Retired members can contribute monthly via annuity deduction by using the online services provided by the Office of Personnel Management (OPM).



**The Officer's and Shop Stewards would like to wish every Member and their families a Very Happy Holiday**

### **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. Any guideline amounts are merely suggestions, and you may contribute more or less than the guidelines suggest and the union will not favor or disadvantage you by reason of the amount of your contribution or your decision not to contribute. 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, name of employer and occupation of individuals whose contributions exceed \$200 in a calendar year.

**THE MAIL CALL  
BRANCH 2462,  
NALC  
6910 Hayvenhurst  
# 104  
Van Nuys, CA 91406**

**NONPROFIT  
ORG.  
U.S. POSTAGE  
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**Address Service  
Requested**

**Branch Meeting Minutes**

**November 4, 2025**

**By**

**Steve Seyfried, Secretary**

The Meeting was held at the Branch 2462 Union Hall 6910 Hayvenhurst Ave, #104 Van Nuys California. It was called to order by PRESIDENT MACARAEG at 7:05 p.m.

The Pledge of Allegiance was led by SGT-AT-ARMS GODDARD  
**MOMENT OF SILENCE--In Memory of all Active & Retired members who have passed this year.**

**ROLL CALL OF OFFICERS**

**PRESENT**—MACARAEG, MULLINAX, WILSON, GODDARD, DOLABSON, JEFFREY, VALENZUELA, MORALES, MARISCAL

**ABSENT**—SEYFRIED, BURTON

**VACANT**—VICE PRESIDENT

**MINUTES ACCEPTED AS PRINTED IN MAILCALL**

**APPLICATION FOR MEMBERSHIP**

**VANESSA BAILEY, NATHAN OGDEN, ABEL SOTO**

**COMMUNICATIONS READ**

**BILLS READ--NONE**

**COMMITTEE REPORTS**

**AUDIT & BUDGET**—TRUSTEES Budget will be on Jan 8, 2026. Audit will be on Jan 15, 2026.

**SAFETY & HEALTH** Discussed safe parking, upcoming Safety/Mgt meeting. Reminder to complete proper Vehicle Inspections, with special attention to lights with the new time change in place.

**RETIREES** 5 Retiree's present tonight.

**MDA FUND--GODDARD** \$ 2659.00 in the fund

**HBR—** Open Season will begin on November 10, 2025, and end on December 8, 2025 or Letter Carriers to update their choice for health care insurance.

**MDA—BURTON** Jamba Juice cards are still available, buy 1 and get 1 free.

**MBA—MORALES** Will be continuing with train over the next few months.

**EDITOR—MARISCAL** MailCall was received late due to a problem at the printer. Mailed out October 31<sup>st</sup>. We have sufficient funds in our postal account.

**FINANCE REPORT—MULLINAX** Happy to report that we signed up 2 new Retirees at the recent Luncheon.

**TREASURERS REPORT—WILSON** Financial Reports read.

Motion to accept Financial Reports as read M/S/C

**VICE PRESIDENT**—Vacant

**PRESIDENT MACARAEG**

President Macaraeg spoke on several items. Joint Labor & Management meeting at Tarzana Station was successful. I will be attending the District Management meeting on Nov 6<sup>th</sup>. I intend to speak on the SBM ALERTS, which at this time are causing confusion for Carriers. The current practice of scanning packages as Vacation Holds. Also, regarding OJI refresher training. On November 20<sup>th</sup> there will be a Van Nuys/Management Safety meeting at 2:00 pm. We had 4 CCA's converted to full time, they were: JOSES CRUZ, JEFF GRAHAM, DYLAN CORRAL and ADDRIANA MACHUCA.

National will begin preparing for Contract Negotiations. Committees have been assigned to specific Articles of the Contract. Congratulations to STEVE SEYFRIED and FERNANDO CUADRAS on winning the RAY KREYER and HARRY BRENNEMAN AWARD, respectively.

**OLD BUSINESS—NONE**

**NEW BUSINESS**

**MOTION**—Move that the Branch empower the Executive Board to conduct any and all business Of the Branch from November 5, 2025, through January 6, 2026.

**M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the North Valley Caring Services

For Christmas **M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the Salvation Army for Thanksgiving

**M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the Salvation Army for Christmas

**M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the Wounded Warrior Project for Christmas

**M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the Toys for Tots Foundation for Christmas

**M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the American Cancer Society in the name of ROGER ASKEW for Christmas

**M/S/C**

**MOTION**—Move that the Branch donate \$ 100.00 to the Lymphoma Foundation in the name of JANETTE DOLABSON

**M.S.C**

**UNDERLINED INDICATES UNANAMOUS VOTE**

**GOOD OF THE ASSOCIATION**

**SPECIAL THANKS to PAUL JEFFREY for taking the minutes of tonight's meeting, as the Recording Secretary was unable to attend.**

**MDA DRAWING**

\$ 2.00 OSCAR CORTEZ—MAIN OFFICE--DONATED  
\$ 2.00 RAFAEL PEREZ—PANORAMA CITY—DONATED  
\$ 2.00 JOSE JIMENEZ—SHERMAN OAKS--DONATED

**Meeting Adjourned 8:25 PM**