

CENTENIAL YEAR

1926 - 2026

Representing the Stations of

Encino – Panorama City – Sherman Oaks – Sun Valley – Tarzana – Van Nuys Main

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NUMBER 6

PRESIDENT'S REPORT

By

JEMMAYEN MACARAEG

Bargaining Conference Provides Valuable Insight into Ongoing Contract Negotiations

From June 1-3, I had the opportunity to attend the NALC Collective Bargaining Conference in Washington, D.C., alongside branch and state leaders from across the country. The conference focused on the ongoing contract negotiations between NALC and the Postal Service and provided attendees with important updates on the bargaining process.

Throughout the conference, participants received information on economic portion, potential arbitration preparations, work-hour provisions, and grievance-arbitration procedures. The sessions also encouraged open discussion, allowing attendees to ask questions, provide feedback, and gain a better understanding of the issues being addressed at the bargaining table.

Union leadership emphasized the importance of member involvement throughout the bargaining process. The proposals presented by NALC were developed using input from members, Rank-and-File Bargaining Committees, national convention resolutions, surveys, and feedback gathered from letter carriers across the country.

I would like to sincerely thank the members of Branch 2462 for giving me the opportunity to attend this conference and represent our branch. It was a valuable experience, and I look forward to sharing what I learned with our membership.

At our July branch meeting, I will provide a more in-depth report on the conference discussions and answer questions regarding the issues that were presented and discussed during the event.

SAVE THE DATE

This year's Annual

RETIREE LUNCHEON

**Has been scheduled for Sunday
October 4, 2026 at the**

MONTEREY AT ENCINO

**FORMERLY
ENCINO GLEN RESTAURANT**

Further information will be forth coming

MUTUAL BENEFITS REPORT

by

EMMETT MILTON

Hello, my name is Emmett Milton, and I am the newly elected Mutual Benefits Representative. I look forward to serving in this position and bringing interesting and informative information regarding the various insurance products that are available to all members of the NALC. If you have any questions or need further information regarding anything that I post, please contact me through the Branch Office or your Shop Steward.

How does Term Life insurance work?

While your policy is in force, your survivors will receive the full amount of your policy in the event of your death. This money can help replace your paycheck for the loved ones who rely on you-such as a spouse, children or aging parents. It also can help cover the cost of burial, taxes and debts. Yet your Term Life premiums remain low because you are not paying to build up cash value, as in Whole Life plans.

"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.

HBR REPORT By EDGAR SOLIS

At this month's meeting we talked about the importance of water. Sugary drinks aren't the best for the heat it can actually be worse for you during the summer.

The importance of staying well hydrated while working goes beyond just the time you spent on the street. It begins the moment you wake up, on the drive to work and throughout the day. It is important to know the signs of heat exhaustion so that you can know what to do if you begin to show the signs.

Signs of Heat Exhaustion

Watch out for the following symptoms if you or someone else has been active in hot weather or exposed to high temperatures:

- **Skin:** Heavy sweating, or cool, pale, and clammy skin.
- **Physical:** Weakness, fatigue, muscle cramps, and a fast, weak pulse.
- **Sensory/Mental:** Dizziness, headache, fainting, and nausea or vomiting.

Immediate Action Steps

If you suspect heat exhaustion, follow these steps right away:

1. **Stop & Rest:** Stop all physical activity immediately and get out of the direct sun.
2. **Cool Down:** Move to an air-conditioned room or a shaded, breezy area. Loosen or remove unnecessary clothing.
3. **Hydrate:** Sip cool water or electrolyte-rich sports drinks every few minutes. Avoid drinks with alcohol or caffeine.
4. **Apply Cold:** Place cool, wet cloths on your skin, take a cool shower, or place ice packs wrapped in a towel on the neck, groin, or under the armpits.

When to Seek Immediate Medical Help

Heat exhaustion can quickly escalate into life-threatening heat stroke. **Call 911 immediately if:**

- Symptoms do not improve or last longer than 1 hour.
- The person vomits or cannot keep fluids down.
- Confusion, slurred speech, or loss of consciousness occurs.
- The person's body temperature reaches 104° F (40° C) or higher

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	2	5	5	4	5	5					
ENCINO	1	1	2	1	1	1					
PANORAMA CITY	3	2	2	2	2	1					
SHERMAN OAKS	5	4	6	6	6	5					
SUN VALLEY	0	0	0	0	0	0					
TARZANA	4	3	3	2	1	1					
RETIREE'S	7	6	5	7	7	7					
TOTAL	22	21	23	22	22	20					

NEXT MEETING

TUESDAY
JULY 7th
2026
6:30 p.m.
BRANCH OFFICE

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

July 12, 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 next Breakfast Meeting will be held at Denny's Restaurant , (Corner of Sherman Way & DeCels). **It will begin at 09:00 AM. Date will be July 25, 2026 (4th Saturday)** So, please mark your calendar.....We hope to see you there.
Thank You

LEGISLATIVE REPORT

By
PAUL JEFFREY
Political Liaison

Currently there are numerous bills & resolutions in Congress that have a potential for significant impact on Letter Carriers and Retirees. The one we are focusing on this month is HR 1065 - The Protect Our Letter Carriers Act. This bill is vital to the future of our Postal Service.

Key provisions of the bill include:

Upgrading Mailbox Security:

Authorizes funding for the USPS to replace older, vulnerable "arrow keys" with electronic versions and to install high-security blue collection boxes.

Stricter Prosecution:

Directs the Department of Justice to assign an assistant U.S. attorney in each district to prioritize and coordinate the investigation and prosecution of crimes against postal employees.

Harsher Sentencing:

Requires the U.S. Sentencing Commission to amend guidelines to ensure that assaults or robberies of postal employees are treated with the same severity as assaults on federal law enforcement.

All our local Representatives are on board with this bill. If you have family that live in red districts, you might want to reach out to have them contact their representatives. Right now, while we have bipartisan support, there are more Democratic representatives on board than Republicans.

Another important bill pending is HR 1522 - The Federal Retirement Fairness Act. This Bill is crucial to Carriers who spent time in a "Non-Career" status, such as CCAs, TEs or Casuals. This bill allows those employees to "buy back" their non-career time, making it equitable towards their retirement, in the same manner that military veterans can buy back their service time.

While there are other bills that affect carriers, I do not have room to discuss them all, but an important newer piece of legislation that is important to all FERS enrollees is HR491 The COLA Equitability Act. It aims to align FERS COLAs with Civil Service Retirement System (CSRS) and Social Security increases, removing current restrictions that limit adjustments when inflation exceeds 2%. The way things stand now, FERS retirees fall behind to the tune of 1% per year. With the way inflation has been going, a FERS retiree is on track to lose tens of thousands of dollars during their retirement. This bill seeks to correct that. It currently has 61 co-sponsors.

All of this serves as a reminder to all NALC members, both active as well as retirees, that Congress can steer our destinies. In 1970, it was Congress that gave us Collective

Bargaining. Congress can take it away. That is a big reason it is so important that we have a voice in the halls of Congress. The Letter Carrier Political Fund is a straightforward way to contribute to that voice. There is strength in numbers, and when we speak in a united voice as a Union, our Congressional representatives listen. If you are not contributing to LCPF, ask one of your Union representatives how to start.

By contributing 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 canceled. 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.



JULY 4TH 250 SEMIQUINCENTENNIA



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

NONPROFIT
ORG.
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Requested**

Branch Meeting Minutes

June 2, 2026

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 VICE PRESIDENT CALVIN BROOKINS at 6:55 p.m.

The Pledge of Allegiance was led by EDITOR MARISCAL

MOMENT OF SILENCE--In Memory of all Active & Retired members who have passed this year.

ROLL CALL OF OFFICERS

PRESENT— BROOKINS, SEYFRIED, MULLINAX, WILSON, DOLABSON, JEFFREY, MORALES, MARISCAL

ABSENT—MACARAEG, GODDARD

MINUTES ACCEPTED AS PRINTED IN MAILCALL

CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--NONE

BILLS READ--NONE

COMMITTEE REPORTS

AUDIT & BUDGET—TRUSTEES Audit will be held on July 23rd. Budget date will be in January, exact date to be determined at a later date.

SAFETY & HEALTH--SOLIS As summer approaches remember to hydrate before and during working hours. DOGS in the yard !! You do not want to be bitten so be on the lookout for dogs in yards and running stray in the street. Mgt is beginning a new crack down on the wearing of EAR BUDS. We recently had an incident where a carrier was observed not wearing seat belt. Remember if you are in the vehicle and it is running, seat belt must be fastened. There was a case recently where a Carrier was not wearing seat belt, had an accident, was ejected from the vehicle and was killed. Do not be a victim use your Seat Belt !!! Labor/Mgt Safety Lab was held on May 17th. Both parties presented and discussed safety concerns at all the stations. Also, Stations have yet to receive any HIPPA standups, Postal Service says they are working on a new presentation, in the meantime the importance of staying hydrated and the dangers of heat stroke are being addressed at stand-ups.

RETIREES 8 Retiree's present tonight.

MDA FUND--GODDARD \$ 3252.00 in the fund

HBR--SOLIS New Diabetes Management program being offered by the Health Plan. If you have any questions, you can contact me through the Union Office.

MDA— Coordinator position is open, anyone who would like to serve should contact the President. This is an appointed position & does not serve on the Executive Board.

MBA--MILTON New MBA Rep EMMETT MILTON introduced himself as the new MBA Rep

EDITOR--MARISCAL We have added funds in our postal account. Paper was prepared and mailed last week. Thanks to TIA for mailing the paper.

POLITICAL REPORT—JEFFREY Hope that everyone voted today. Congress has not been in session last week. Important that all keep up to date on legislative issues. Letter Carrier jobs are in the hands of Congress.

FINANCE REPORT—MULLINAX Membership pins have gone out to offices. Shop Stewards will be requesting time at stand-ups to pass these out. We are currently going through the Branch mailing list to update. Congratulations to BRIAN LYNCH on his retirement, SECRETARY SEYFRIED was at the Sherman Oaks Station last week to present Brian with a Retirement Pin and a NALC Watch. We wish Brian a long and healthy retirement.

TREASURERS REPORT—WILSON Financial Reports read.

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

VICE PRESIDENT—BROOKINS NALC is introducing a new training program online, it can be accessed through the NALC Website under the MEMBERS ONLY section. We are currently examining the recent route inspection paperwork. We are finding that there are many problems on both sides. We intend to bring these to management to get time that was improperly deducted is reinstated so that Carriers get a fair and honest adjustment to their routes.

PRESIDENT REPORT No Report

OLD BUSINESS--NONE

NEW BUSINESS

MOTION—Move that the Branch postpone the August Regular Branch meeting until Tuesday, August 11th. This is due to the NALC National Convention the first week in August M/S/C

MOTION—Move that the Branch renew the 2 CD's at Chase Bank for 4 months, at 3.2%. First CD is for \$ 38,771.06 and the second CD is for \$ 55,981.33 M/S/C

UNDERLINED INDICATES UNANIMOUS VOTE

MDA DRAWING

\$ 2.00 STEVE SEYFRIED—RETIRED--DONATED

\$ 6.00 RAFAEL PEREZ—PANORAMA CITY—DONATED \$ 3

Meeting Adjourned 8:20 PM