

MAIL CALL

Published by
ANTHONY TRIPOLINO BRANCH 2200, N.A.L.C.

SERVING

Altadena, Glendale, La Canada, Montrose, Pasadena
Santa Clarita, South Pasadena, Sunland and Tujunga

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VOLUME NO. 28

CIRCULATION 1000

MAY/JUN 2016

FROM THE DESK OF THE PRESIDENT

Greetings Brothers and Sisters & Happy 4th of July:

As of this reading we celebrated another Fourth of July. My hope is that all of our members and their families enjoyed a "safe and sane" 4th.

POSTAL INSPECTORS AND AGENTS OF THE OFFICE OF INSPECTOR GENERAL (OIG) –

In this Branch publication, we often write about investigations being conducted in our area by law enforcement officers from the Postal Inspection Service or the Office of Inspector General, better known as the O.I.G. I **STRONGLY** recommend that if you are asked to speak with agents from either of these agencies that you request your shop steward be present before speaking with them. We are seeing a strong uptick of investigations, against letter carriers, by these two agencies.

If you are speaking with agents from either of these agencies, and you did **NOT** request them to start an investigation because of something that you observed or heard that you felt was problematic, then you are most likely the target of the investigation. That being said, I beg you to please request your shop steward before having any conversation with these people. The basis for your right to request representation is based on a Supreme Court ruling 420 U.S. 251 from 1975, in the case of NLRB vs Weingarten Inc. which allows your shop steward to be present if the questions they want to ask you, in any way, can lead to you being disciplined, terminated, or affect your personal working conditions.

During the investigation, the inspectors will seem very friendly and act like they want to help you. Unlike our local law enforcement agencies who most people believe are on the streets to "protect and serve" us, this is not the goal of these agents. They are talking to you by yourself to see if they can get **you** to say something where **you admit that you violated** a Postal Service rule or, in some cases, have committed a crime. If they had your best interest at hand, they would request a shop steward in advance to be present for your investigation, in the same way supervisors request shop stewards **in advance** to be present for the carrier when they are going to conduct a fact finding. **Again if agents had your best interest at heart, they would do the same thing.**

Lastly, there is no requirement that the agents tell you that you can have a steward present. As a matter of fact, there are some instances where carriers have reported that the agents told them they did not need a steward. That they just needed to finish a report so that they could close the case. Several of those carriers believed that and spoke with the agents without a steward present, and ended up being terminated. So, again, request steward presence prior to speaking with the agents.

FOOD DRIVE – WOW. What a huge success the Food Drive was for our Branch (See Food Drive report inside). I won't go into too much detail, but I do want to recognize that our Branch collected 411,800 lbs. of food which was a tremendous 75,000 lbs. above last year. **Great Job by all.**

Continued – Desk of President – Next page

I do wish to thank Rob Burskey, our Food Drive Coordinator, who, as always, did a great job.

In addition, I would like to thank all of the station coordinators who worked their butts off getting the refreshments organized, making sure all the food was weighed properly and loaded into the charities vehicles, as well as donating their personal time to make sure the entire day was covered. As a matter of fact, several of the coordinators worked past 10:00 p.m. Food Drive Day, on their own time, to make sure that everything was handled.

I would like to thank those members of management that did, in fact, cooperate and help with the Food Drive this year. In the past there have been many problems regarding management, but this year only a couple of isolated incidents. I would also like to thank and recognize three of our retirees that volunteer every year to help with the drive. They are Larrie Rhodes retiree from Tujunga, Frank Costanzo retiree from Santa Clarita, and Nancy Norman retiree from Pasadena. They volunteered all of their time and gas on Saturday to make the Food Drive a great success.

I've saved the best for last. I would like to thank each and every letter carrier that helped out this year by doing a great job and went through hell trying to deliver those d*** bags and then on Saturday trying to find room in your LLVs to fit all of that food. Delivering mail and collecting food in those LLV's is a major task. Again, what an outstanding job by all the carriers, with minimal complaints. **THANK YOU ALL!!**

SAFETY – Again, we are seeing a rise in discipline for carriers driving habits. No seat belt on, door open through intersections etc. Please **TAKE THE TIME** to be safe out there.

We want everyone home safely at the end of the day. We have suffered some tremendously hot days in the past few weeks and are definitely in summer. It is very important that we stay properly hydrated. You should be drinking water at least every 15-20 minutes. Once the effects of dehydration are upon you, it is very difficult to catch yourself up. Drink as much as you can before going to the street and then continue to hydrate during the day.

There have been a few reports where management has personally supplied beverages. In those instances, thank you to those individual supervisors and managers. BUT.....we do need to see the Postal Service step up and provide water on a daily basis when the weather is this hot.

Again thank you all for your continued dedication toward making us the best delivery network in the world!

By Mike Wyly

From our National office

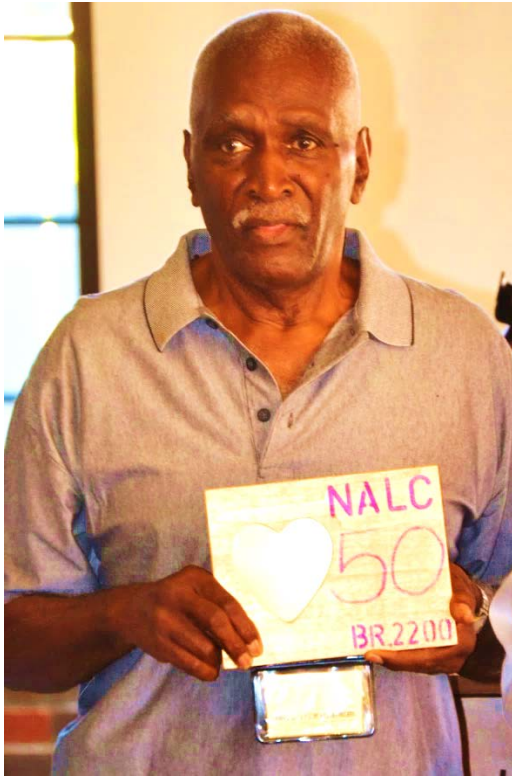
Know the signs of heat stress. You should understand what heat stress is, and how it can affect your health and safety. Here are some things to look out for:

- **Hot, dry skin or profuse sweating**
- **Headache**
- **Confusion or dizziness**
- **Nausea**
- **Muscle cramps**
- **Weakness or fatigue**
- **Rash**

Finally, it's important to notify your supervisor or call 911 if you're experiencing signs of heat-related illnesses. "Letter carriers need to remember to respond appropriately to the weather and immediately notify their supervisor if you feel that you are experiencing heat-stress symptoms or other weather-related issues," NALC President Fredric Rolando said.

"Bottom line: Do not put yourself in danger," Rolando said.





Donald A Smith, also known fondly as D.A. or Fundi, has been in the hospital for a couple of months, due to some complications following an elective surgery. He's coming along, but it has been a slow process.

D.A. has contributed many, many years (more than 50!) to our Branch as a shop steward and, after retirement, as a trustee. He has years of dedicated service to fellow letter carriers and saved countless/numerous carriers from the perils of USPS management.

To remain updated on his progress, you may call the Branch office at 626-798-6122.

While on the topic of **HEALTH**, here are tips submitted by our Health Benefits Representative to reduce your risk of heart disease:

- Don't Smoke!
- Eat at least five (preferably, 7 to 10) daily servings of fruits and vegetables.
- Limit calories, particularly from foods that are high in fat and refined carbohydrates.
- Limit foods that are high in saturated and hydrogenated fats. These include butter, margarine, fried foods, commercial baked goods and full-fat dairy products.
- Cook with monounsaturated olive and canola oils rather than butter, margarine and solid vegetable shortening.
- Limit your consumption of red meat. Replace it with legumes, skinless poultry and fish as often as possible.
- Replace refined grains white bread, highly refined cereals and white rice with whole grains such as oatmeal, whole grain breads and cereals, and brown rice.
- If you drink, do so in moderation, preferably with meals.
- If you're older than 35 and currently not exercising, see your physician before you begin.
- Strive for a combination of regular aerobic exercise and strength training.
- If you feel stress impairs your life, consider management strategies like relaxation techniques, behavioral therapy or yoga.

Submitted by Health Benefits Representative – Walter Washington

GENERAL MEMBERSHIP MEETING

May 10, 2016

The meeting was called to order at 7:08 p.m. by President Mike Wyly. The pledge of allegiance was led by Sergeant-at-Arms Ric Roldan and there was a moment of silence for recently passed away Don Schick, retired Santa Clarita carrier and Thanh Thai, former member from the Sierra Madre Post Office. The roll call was answered by eleven officers and stewards in good standing.

Motion passed to waive the reading of the minutes from the previous meeting, accepted as printed in the Mail Call (Zorn/Costanzo). Motion passed to excuse HT Tran from the April meeting and Larrie Rhodes from May meeting (Burskey/Temblador). Motion passed that the Branch make a donation of \$100 to the StampYourGood.com program (Siechert/Burskey). The members present at the meeting donated \$81 as well.

Motion passed to accept and welcome the following applications for membership: Seyran Abramyan, Jesus Arroyo, Angelica Crespo, Jeremie DeLaRosa, Arman Dola, Evelin Hernandez, Lester Martinez, Meduit Mirakhani, Manuel Molina, Diego Nunez-Hernandez, Geovany Pena, Willie Smith, Melinda Thomson, Jaime Vanegas, Kareem Yossef (Burskey/Siechert). **Welcome new members!!**

Carolyn Zorn read letter from Judy Chu regarding our Food Drive and it was also noted that Alan Rios will be in Pasadena on Food Drive Day. Rob Burskey followed up with an extra bonus of the Boy Scout troops participating this year.

Motion passed that the following Executive Board recommendations be adopted: 1) the Branch purchase 50 convention T-shirts to be distributed by the President (Burskey/Siechert) 2) that the Branch President be authorized to select up to 10 members to attend the State Campaign School held in Universal City on June 3rd and 4th at a cost per person of \$55.00 registration, mileage from their house to the hotel, \$40.00 for a meal expense, and two hotel rooms for one night for the State Director of Retirees and the CDL for Branch 2200 (Burskey/Siechert).

Motion to adjourn (Burskey/Temblador) at 7:50 p.m.

Submitted by,



Nancy Norman
Secretary-Treasurer

GENERAL MEMBERSHIP MEETING

June 14, 2016

The meeting was called to order at 7:06 p.m. by President Mike Wyly. The pledge of allegiance was led by Sergeant-at-Arms Ric Roldan and there was a moment of silence for departed brothers and sisters since the last meeting, and a wish for the speedy recovery of Trustee D.A. Smith. The roll call was answered by eleven officers and stewards in good standing. Motion passed to waive the reading of the minutes from the previous meeting, to be printed in the Mail Call (Collier/Rhodes). Motion passed to excuse D.A. Smith from May and June meetings (Burskey/Washington). **Thor Kasenko** from Glendale was welcomed to the meeting. Motion passed to accept Steven Davis as a retiree transfer from Branch 1100 (Collier/Costanzo). Scholarship communication from CSALC President Beaumont was read: our Branch has two winners – children of **Dimple Le** and **David Quach**. **Congratulations!** Motion passed that warrants be drawn and bills be paid (Siechert/Costanzo).

The following applications for membership were accepted on the first reading: Jonathan Bernabe, Audrey Blake, Sam Calderon, Hector Ceron, Vilma Chacon, Allison Daniels, Luciana Duren, Khalea Edmond, Marlyn Franco, Artur Harutyunyan, Joon Hyun, Darion Jones, Raymond King II, Edgar Lamas, Arthur Malyshev, Ricardo Manzo, Martika Medina, Clifford Robbins III, Jaymie Rodrigo, Andrew Ruiz, Jane Sanchez, Brittany Smith, Trina Spates, Justin Sumilang, Hector Torres (Siechert/Costanzo).

Welcome brothers and sisters!

Food Drive Chair Rob Burskey reported that the Branch hit our goal of more than 400,000 lbs. of food this year and totals were read for each city. T-shirt sales report of \$702 and a thank you note was read from the Bailey Human Care Center. Carolyn Zorn reported on MDA camp, campaign school, and phone banking. President Wyly discussed mail flow and USPS lack of maintaining customer service standards.

Motions to accept recommendations from the Executive Board as follows: 1) Each year with no scholarship awarded, add an additional \$500 award for a second scholarship in the following year (Siechert/Burskey) 2) Add grandchildren as eligible participants for the Mikita Scholarship Award (Burskey/Zorn).

President Wyly spoke about Carrier Academy programs in all USPS districts being improved and expanded.

Motion to adjourn at 8:16 p.m. (Siechert/Costanzo).

Submitted by,



Nancy Norman
Secretary-Treasurer

TREASURER'S REPORT MAY/JUN 2016

INCOME	MAY	JUN
NALC Active Rebate	33,727.14	22,971.73
NALC Retiree Rebate	0.00	267.79
Direct Dues	53.58	293.54
Interest-Dividend	210.70	208.35
Other Income	0.00	10.00
TOTAL INCOME	\$33,991.42	\$23,751.41



EXPENSES	MAY	JUN
Building Repairs/Improvements	0.00	0.00
Car Allowance	400.00	400.00
COP Meeting	0.00	144.48
Equipment Maintenance	0.00	170.00
Food Drive	217.83	255.37
Gardening	0.00	0.00
Insurance	0.00	0.00
Internet	104.64	104.64
Mail Call	110.18	0.00
Mileage	0.00	0.00
Miscellaneous	201.00	100.00
National Convention	0.00	168.00
Office Expenses	231.55	125.27
Office Supplies	426.79	489.17
Officer Benefits	1,894.28	2,841.42
Officer/Steward Salary	11,559.64	17,139.34
Payroll Taxes/Filing	921.50	1,363.17
Per Capita Tax	27.50	27.50
Postage	67.99	67.99
Professional Fees	0.00	0.00
Property Taxes	0.00	0.00
Retiree Bonus	0.00	0.00
Seminars & Education	504.54	-150.84
State Convention	0.00	0.00
Telephone	274.31	196.10
Utilities	175.74	18.94
Website	0.00	0.00
TOTAL EXPENSES	\$17,117.49	\$23,460.55



			ACCOUNT BALANCES	
			6/30/2016	
			General Checking	\$71,026.58
			Mikita Scholarship	\$5,370.81
			Building Fund	\$245,678.93
			Convention Fund	\$36,773.56
			TOTAL ACCOUNTS	\$358,849.88
NET INCOME	\$16,873.93	\$290.86		

NON-MEMBER ROSTER - BRANCH 2200

LAST NAME	FIRST NAME	POST OFFICE	PL	REG/CCA	LAST NAME	FIRST NAME	POST OFFICE	PL	REG/CCA
Banh	Kelly	Glendale	121	R	Germann	Daniel	Pasadena	3	CCA
Bautista	Julio	Glendale	0	CCA	Gonzalez	Heather	Pasadena	10	R
Bilemjian	Ara	Glendale	161	R	Ho	Raymond	Pasadena	7	R
Diep	Cuong	Glendale	104	R	Ip	Wai	Pasadena	6	R
Duran	Maria	Glendale	161	R	Kim	Sung	Pasadena	3	R
Esguerra	Benito	Glendale	141	R	Lam	Tung	Pasadena	8	R
Garcia	Raymond	Glendale	104	R	Lennick	William	Pasadena	999	CCA
Gasparian	Meridjan	Glendale	151	R	Manju	Mohammed	Pasadena	6	R
Hovhannesian	Azad	Glendale	104	R	Mejia	Gerald	Pasadena	5	R
Isajani	Derik	Glendale	161	R	Monell	Westley	Pasadena	6	R
Jung	Eddie	Glendale	121	R	Moreno	Jose	Pasadena	4	R
Khuu	David	Glendale	141	R	Nguyen	Minh	Pasadena	6	R
Law	Simon	Glendale	104	R	Phan	Johnny	Pasadena	5	R
Nguyen	Hung	Glendale	107	R	Ragay	Edwin	Pasadena	10	R
Nilluang	Noppadol	Glendale	141	R	Setareh	Jeanpaul	Pasadena	0	CCA
Paulings	Qwentell	Glendale	0	CCA	Syavong	Norkham	Pasadena	0	R
Phung	Phan	Glendale	161	R	Trac	Tam	Pasadena	1	R
Pilipina	Elisabeth	Glendale	104	R	Valdez	Ruby	Pasadena	7	R
Rodriguez	Linda	Glendale	161	R	Victorio	Rodel	Pasadena	5	R
Sanchez	Andrea	Glendale	141	R	Wang	David	Pasadena	1	R
Soldatenko	George	Glendale	104	R	Xu	Bing	Pasadena	7	R
Suh	Uk Sun	Glendale	141	R					
Sung	Peilang	Glendale	161	R	Amado	Christopher	Santa Clarita	740	R
Tang	Danny	Glendale	161	R	Bohleen	Chelsea	Santa Clarita	320	R
Ting	Horace	Glendale	0	R	Davinroy	Andrew	Santa Clarita	320	R
Tisuthiwongse	Somsak	Glendale	141	R	Dominguez	Rocky	Santa Clarita	0	R
Wen	Raymond	Glendale	104	R	Frasca, Jr.	Carmine	Santa Clarita	320	R
					Froerer	Michael	Santa Clarita	120	R
Trang	Chinh	La Canada	101	R	Heath, Jr.	Howard	Santa Clarita	320	R
					Lartigue	Kim	Santa Clarita	120	R
Arvizo	Aurora	Pasadena	4	R	Lartigue	Peter	Santa Clarita	120	R
Asuncion	Joel	Pasadena	6	R	Medina	Jose	Santa Clarita	121	CCA
Barsamian	Razmik	Pasadena	6	R	Navarro	Junzky	Santa Clarita	120	R
Candeias	Joe	Pasadena	8	R	Petry	Joseph	Santa Clarita	740	CCA
					Safarians	Alvat	Santa Clarita	620	R
Chau	Sy	Pasadena	3	R	Smith	Susan	Santa Clarita	120	R
Chavez	Anthony	Pasadena	10	R	Spasoff	Carl	Santa Clarita	620	R
Chen	Juo Luen	Pasadena	7	R	Velasquez	Monica	Santa Clarita	621	R
Choi	Mong	Pasadena	10	R	Wieczorek	Paula	Santa Clarita	520	R
Dubois	Carol	Pasadena	8	R	Ybarra	Jose	Santa Clarita	120	R
Frigillana	Abraham	Pasadena	0	R					
Garcia	Davina	Pasadena	0	CCA	Helstrom	Paula	Sunland	320	R
Garcia	Johnny	Pasadena	4	R	Srirathu	Rawat	Sunland	320	R

Branch 2200 will pay \$100 to the first member (President not eligible) to sign up a non-member in a pay status on this list, with a completed, signed Form 1187. Payment processed upon completion of probation and first successful deduction. See your shop steward for forms or contact the Branch office at 626-798-6122. Our goal is 100% Membership!!

FOOD DRIVE FOOD TOTALS

City	Station	2012	2013	2014	2015	2016
Pasadena	East Pasadena					
Pasadena	Raymond	32,034	36,575	59,950		
Pasadena	Jackie Robinson	18,700	19,525		98,000	130,900
Pasadena	San Marino	7,700	6,600	3,850		
Pasadena	Residual	1,500	1,500	3,300	4,000	4,500
Pasadena Total		59,934	64,200	67,100	102,000	135,400
Glendale	Main Office	5,797	4,303	6,137	5,691	7,000
Glendale	Grand Central	8,600	5,850	8,033	14,500	19,700
Glendale	La Crescenta	16,200	17,000	17,350	18,200	23,000
Glendale	Verdugo Viejo	11,000	14,000	16,500	29,500	27,000
Glendale	Residual	2,000	2000	2000	2000	4,000
Glendale Total		43,597	43,153	50,020	69,891	80,700
Santa Clarita	Newhall	30,800	30,800	23,100	33,000	49,500
Santa Clarita	Main Office	38,500	38,000	50,000	56,500	46,750
Santa Clarita	Residual	7,000	7000	7000	7000	8,000
Santa Clarita Total		76,300	75,800	80,100	96,500	104,250
La Canada		12,750	10,500	15,950	20,800	34,000
Sierra Madre		17,000	25,500	N/A		
South Pasadena		14,550	12,050	11,550	18,050	18,050
Sunland		7,850	10,400	13,500	13,150	19,150
Tujunga		11,550	13,150	13,975	16,400	20,250
Grand Total		243,531	254,753	272,355	336,791	411,800

The **2016 Food Drive** was a huge success for Branch 2200. It was a record setting year for our Branch. We collected **411,800** lbs of food and we could not have done it without all the help from many people. I would first like to thank all the customers that graciously gave to the Food Drive because without them, there would not be a Food Drive. Also I would like to thank all the postmasters, managers, supervisors and volunteers that helped make this Food Drive such a success. And last, but not least, I want to thank all the hard working carriers for an outstanding job you did collecting all that food. There are food banks throughout our Branch that have enough food to last them for many months. Every one of them appreciates your hard work and gives thanks for all you do to make this Food Drive such a success. Check out the spreadsheet here showing office totals. **Thank you so much for making this Food Drive the BEST ever!!**

Your Food Drive Coordinator,
Rob Burskey

**Meeting Attendance
May/June 2016**

Officers:

President Mike Wyly - P/P
Vice President Serop Karchikyan - P/P
Secy-Treas Nancy Norman - P/P
Financial Secy Frank Costanzo - P/P
Sergeant at Arms Ric Roldan - P/P
Health Benefits Rep Walter Washington - P/P
Trustee Donald Smith - E/E
Trustee Carolyn Zorn - P/P
Trustee Leroy Collier - P/P
MBA Representative Vinh Trieu - P/P

Stewards:

Verdugo Viejo - Serop Karchikyan - P/P
Raymond Annex 01: Kevin Nguyen - A/A
Raymond Annex 06: H.T. Tran - P/P
Jackie Robinson 03/04: Carolyn Zorn - P/P
Tujunga: Rob Burskey - P/P
South Pasadena: Vinh Trieu - P/P
La Canada/Montrose: Tina Giancanelli - A/A

MEMBERSHIP MEETINGS

Tuesday, July 12th
7:00 p.m.
and
Tuesday, August 9th
7:00 p.m.
Union Office
1310 N Oxford Ave
in Pasadena

NALC BRANCH 2200
1310 N Oxford Ave
Pasadena CA

**Special Thanks from Branch 2200 to all
of our Food Drive Coordinators!!**

CHIEF COORDINATOR: Rob Burskey

GLENDALE

Grand Central: Demitra Gonzales
La Crescenta: Artur Aghakhanyan
North Glendale: Michael Montenegro
Verdugo Viejo: Serop Karchikyan

LA CANADA: Tina Giancanelli

PASADENA

GMF: Kevin Nguyen
Derek Stevens
Carolyn Zorn
Altadena: Francisco Coehlo

SANTA CLARITA

Main Office: Renee Lindsay
Newhall: Marlene Melgar

SOUTH PASADENA: Vinh Trieu

SUNLAND: Fermin Santiago

TUJUNGA: Ernie Morales

