

THE MAIL CALL



Published by
Branch 2462, NALC
Van Nuys, CA

VOLUME 43

NOVEMBER

2006

NUMBER

9

PRESIDENT'S REPORT

By Calvin Brookins

Negotiations ongoing

Negotiations for a new National Agreement have taken center stage now and President Young has reiterated the unions desire to reach a negotiated settlement; however that does not mean they will be less aggressive.

President Young also made it clear that the NALC team was negotiating only for the letter carriers it represents and should not be tied to any other union's negotiations. Three other postal unions are currently in negotiations with their contracts ending on the same November 20th date.

There are currently 7 negotiations committees that are working on several different issues to be discussed during these negotiations. The committees are on Articles 7, 29, 12, 14, 8, 15, 41 and Shared Services.

If no agreement is reached by then, the Postal Reorganization Act of 1970 calls for mediation and, if needed, binding arbitration to determine a new contract. Under the act, postal employees, like other federal employees, are not allowed to strike.

As more information come regarding the negotiations I will past it on to you.

Ray Kreyer Award

Ray Kreyer award will be presented at the retiree luncheon on October 29th. I did not receive any names here at the union office from anyone outside of the Executive Board. However, there were three names submitted by members of the Executive Board.

The three members that were nominated were Tracy Mullinax, Encino. Sonia Ruiz, Sherman Oaks and Tim McLaughlin, Sherman Oaks. The winner will be announced at the Retiree Luncheon on October 29, 2006.

Speaking of the Retiree Luncheon/Dinner, Frank Brash is heading up this effort and has already started to contact the retirees. It is up to us to contact the active letter carriers of the branch so Union Officers or shop stewards should ask their station manager if they could mention the retiree luncheon during a couple of stand ups this month. It is only \$5.00 and is a cheap way of taking your spouse or girlfriend/boyfriend out to dinner.

I am urging all active union members at every station to join us on Sunday October 29, 2006, at the Encino Glen for a nice dinner and a great time. It will be well worth it. I would also like to thank Frank Brash in advance for the effort and wonderful job that he does each and every year with this event.

I would also like to wish Sgt at Arms and past president Roger Askew well and hope he have a speedy recovery, from the recent surgery he just had. He was doing well this past Friday September 29th when I visited him in the hospital. Get well soon Roger, My prayers are with you.

Color Coded Calendars

Color coded calendars have been ordered and should be here soon when we receive them we will get them out to the office ASAP. Once you receive them you should start planning your vacation for the year 2007.

Saxsenmeier Scholarship Program

Applications for the Saxsenmeier Scholarship Program is now available please see an Executive Board member at your station or your shop steward for applications or you can contact the union office for one. Those eligible must be high school seniors this year and must be the child of a union member in good standing.

OPM Offers Dental and Vision Plans

The new Federal Employees Dental and Vision Program (FEDVIP) are being rolled out by the U.S. Office of Personnel Management (OPM) during a separate "Open Season" from November 13 to December 11. Effective date of coverage for enrollees will be December 31, 2006.

Enrollees will be responsible for 100 per cent of the premium rates. Additional information, a comparison of the plans available and their premiums, can be obtained by logging onto the OPM website at www.opm.gov/insure/dentalvision. This site also provides links to each plans website which will contain detailed information about benefits and preferred providers. OPM has also outlined basic information on the Federal Employees Dental and Vision Program in each Federal Employees Health Benefit (FEHB) Plan brochure for 2007.

(Continued on Page 2)

"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.

PRESIDENT'S REPORT

By Calvin Brookins

(Continued from Page 1)

Both federal and postal employees and annuitants are eligible to enroll in the FEDVIP if they are eligible for FEHB coverage – whether or not enrolled – and annuitants, regardless of FEHB status, may enroll in a dental plan and/or vision plan. Potential enrollees are reminded that they cannot enroll using any OPM or USPS health election form or electronic site. FEDVIP enrollment is made only at www.BENEFEDS.com. Those without access to a computer should call 1-877-888-FEDS (1-877-888-3337). The TTY number is 1-877-889-5680.

All questions related to the coverage and benefits offered should be directed to the specific plan in which a member is interested. The NALC Health Benefit Plan and its NALC Health Benefit Representatives (HBRs) are not sources for information regarding issues associated with FEDVIP, or its insuring contractors or providers.

McClinton resigns as Treasurer of the branch

Treasurer Velma McClinton has resigned her position as Treasurer for Branch 2462. Velma has served the branch membership very well over the past 12 years. She was a valuable asset to me and the branch and she served in several areas including as a delegate to the L.A. County Federation of Labor. She has also served as CSALC representative in the past. Those of us on the Executive Board will miss Velma, her resignation was affective on September 25, 2006. Financial Secretary Robert Johnson will perform the duties of the position in the interim.

Safety Tips

Postal Driving Rules

Cell Phone Use – The use of cell phones are not an unrestricted privilege. Cell phone use should be limited to lunch periods, authorized break times, or emergency purposes. Cell phones must never be used while driving. (EL-801)

Civil Laws – You must obey all state and local traffic laws when driving any postal service vehicle. You will receive no special privileges or rights as a postal driver. Police citations for traffic violations are your personal responsibility. Promptly report them to your supervisor while on duty. (EL-814, EL-801)

Remember Follow all safety rules.

ATTENDANCE CHART BRANCH MEETINGS

MONTH	J	F	M	A	M	J	J	A	S	O	N
MAIN OFFICE	2	1	2	2	2	2	1	2			
ENCINO	6	5	5	5	2	7	6	5	5		
CIVIC CENTER	2	1	1	1	2	1	0	1	1		
PANORAMA CITY	1	4	3	3	0	3	2	3	3		
SHERMAN OAKS	2	3	5	5	6	3	5	6	4		
SUN VALLEY	0	1	1	1	2	1	1	1	1		
TARZANA	1	0	1	1	1	1	1	1	0		
RETIREE'S	5	6	4	6	3	4	4	5	4		
TOTAL	19	21	22	24	18	22	21	23	20		

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

**NEXT MEETING
6:30 PM**

**NOVEMBER
7th
"2006"**

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

November 7, 2006

**BRANCH OFFICE.....818-786-8505
O P C PERSONNEL OFFICE....818-374-5600
RETIREMENT PERSONNEL....661-775-7030**

"RETIREE CORNER"

Our Breakfast Meeting will be held at Hart's Restaurant, (Corner of Saticoy and Balboa). It will begin at 09:00 AM. The next date will be October 28, 2006 (4th Saturday) So, please mark your calendar.....We hope to see you there.

Thank You

Frank Brash

**VAN NUYS POSTAL EMPLOYEES
BLOOD DRIVE**

**DECEMBER 26, 2006
10:00 AM -- 4:00 PM**

VAN NUYS MAIN OFFICE

**EMPLOYEES WHO WISH DO DONATE
WILL BE ALLOWED UP TO
"1 HOUR ON THE CLOCK"**

**GIVE THE GIFT OF LIFE AND GET PAID
TOO !!!!**

Vice President's Report

ART BOCEK

Traumatic Injury

A traumatic injury is defined as a wound or other condition of the body caused by external force, including stress or strain. The injury must be identifiable by time and place of occurrence and member of the body affected; it must be caused by a specific event or incident or series of events or incidents within a single day or work shift. Traumatic injuries also include damage to or destruction of prosthetic devices or appliances, including eyeglasses, contact lenses, and hearing aids, if they were damaged incidental to a personal injury requiring medical services. (Personal property claims can be made only under the Military Personnel and Civilian Employees' Claims Act, 31 U.S.C. 240.)

A. Notice of Injury--Form CA-1. When an employee sustains a traumatic injury in the performance of duty, he or she should file a written report on Form CA-1. The form should be given to the supervisor as soon as possible, but not later than 30 days from the date of injury. If the employee is incapacitated, this action may be taken by someone acting on his or her behalf, including a family member, union official, or representative. (The supervisor may provide such notice as well.) The form must contain the original signature of the person giving notice. The supervisor should:(1) Review the front of the form for completeness and accuracy, and assist the employee in correcting any deficiencies found;(2) Complete and sign the reverse of Form CA-1, including a telephone number in case OWCP staff have questions about the injury. Also, insert the appropriate codes on both the front and back of the form. Codes should be included for occupation, type and source of injury, agency identification, and location of duty station by zip code. (3) Sign and return to the employee the receipt attached to Form CA-1 and give a copy of the entire form to the employee; (4) Authorize medical care if needed in accordance with paragraph (C) below;(5) Inform the employee of the right to elect continuation of regular pay (COP), (discussed in detail in Chapter 5), or annual or sick leave if time loss will occur; (6) Advise the employee whether COP will be controverted, and if so, whether pay will be terminated. The basis for the action must be explained to the employee. (7) Advise the employee of his or her responsibility to submit prima facie medical evidence of disability within 10 working days or risk termination of COP (see Chapter 5-8).

B. Disposition of Form CA-1. If the employee incurs medical expense or loses time from work beyond the date of injury, the supervisor should send Form CA-1 to the district office with supporting information as soon as possible but no later than 10 working days after receipt of Form CA-1 from the employee. If the employee is examined or treated at the agency's medical facilities or by medical providers under contract to the agency, and this examination or treatment occurs during working hours beyond the date of injury, the supervisor should add the words "first aid" to the upper right corner of the agency's portion of Form CA-1 and submit it to OWCP. "First aid" injuries also include those requiring two or more visits to a medical facility for examination or treatment during non-duty hours beyond the date of injury, as long as no leave or continuation of pay is charged and no medical expense is incurred.If the employee obtains no medical care, or obtains only agency-sponsored care on the date of injury, and no time loss is charged to either leave or continuation of pay, the supervisor should place Form CA-1 in the worker's Employee Medical Folder (EMF) instead of sending it to OWCP.

C. Medical Treatment--Form CA-16. If an employee requires medical treatment for the injury, the supervisor should complete the front of Form CA-16 within four hours of the request whenever possible. If the supervisor doubts whether the employee's condition is related to the employment, he or she should so indicate on the form. Where there is no time to complete a Form CA-16, the supervisor may authorize medical treatment by telephone and send the completed form to the medical facility within 48 hours. Retroactive issuance of Form CA-16 is usually not permitted under other circumstances

(1) Delayed Report of Injury. If an employee reported an injury several days after the fact, or did not request medical treatment within 24 hours of the injury, the supervisor may still authorize medical care using Form CA-16. Agency personnel are encouraged to use discretion in issuing authorizations for medical care under such circumstances, but employees should not be penalized for short delays in reporting injuries. The supervisor may, however, refuse to issue a CA-16 if more than a week has passed since the injury on the basis that the need for immediate treatment would become apparent in that period of time. An employee may not use Form CA-16 to authorize his or her own treatment.

(2) Choice of Physician. The employee is entitled to select the physician who is to provide treatment. The provider must meet the definition of "physician" under the FECA and must not have been excluded from payment under the program. Physicians employed by or under contract to the agency may examine the employee at the agency's facility in accordance with OPM regulations. However, the employee's choice of physician must be honored, and treatment by the employee's physician must not be delayed for the purpose of obtaining an agency-directed medical examination.

(3) Obtaining Treatment. Along with Form CA-16, the supervisor should give the employee Form OWCP-1500, which is used for billing. The physician should complete the reverse of Form CA-16 and the OWCP-1500 and forward them to OWCP; the supervisor may ask the physician for a copy of the report as well. The employee may be furnished transportation and/or reimbursed for travel and incidental expenses. OWCP generally considers 25 miles from the agency or the employee's home a reasonable distance to travel for medical care unless appropriate care is not available within that radius

(4) Further Referral. The original treating physician may wish to refer the employee for additional testing or specialized treatment. He or she may do so on the basis of the Form CA-16 already issued; it is not necessary to issue additional authorizations for treatment. Both the original physician and any physician to whom the employee is referred is guaranteed payment for 60 days from the date of issue of Form CA-16 unless OWCP terminates this authority at an earlier date. Treatment may continue at OWCP expense if the claim is approved.Should the employee wish to change physicians after the initial choice, he or she must contact OWCP in writing for approval and include the reasons for requesting the change.

D. Medical Reports--Forms CA-20 and CA-17.

In cases sent to OWCP, a medical report from the attending physician is required. This report may be made on Form CA-16

(Continued on Page 4)

"THE MAIL CALL"
BRANCH 2462, NALC
Steve Seyfried, Editor
6910 Hayvenhurst Ave., # 101
Van Nuys, CA 91406

NONPROFIT ORG.
 U.S. POSTAGE
 PAID
 VAN NUYS, CA
 PERMIT No. 314

Address Service Requested

Branch Meeting Minutes
 October 3, 2006

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 CALVIN BROOKINS at 6:36 p.m. The Pledge of Allegiance was led by MBA ROBERT ENZ
 MOMENT OF SILENCE-In memory of All members of Branch 2462 who have passed this year.

ROLL CALL OF OFFICERS

PRESENT-- BROOKINS, BOCEK, SEYFRIED, JOHNSON, MULLINAX, JACKSON, L. DOLABSON, J. DOLABSON, ENZ
 ABSENT--McCLINTON, ASKEW

MINUTES ACCEPTED AS PRINTED IN MAIL CALL
 CORRESPONDENCE READ

APPLICATION FOR MEMBERSHIP--MANNY UNG,
 BENJAMIN MWAKUGHU

BILLS READ--MOTION TO PAY M/S/C

COMMITTEE REPORTS

TRUSTEES No Report
 SAFETY & HEALTH New rubber bands have too much powder on them and are being returned.

RETIREES 3 present tonight. Date for this years Retiree Luncheon is October 29, 2006 at Encino Glen.

MBA--ENZ No Report
 HBR--J DOLABSON Open Season will be between Nov 13th and Dec 11th. NALC has a great plan.

COLCPE \$ 219 currently in the fund

DISTRICT--McCLINTON LA County Fed has endorsed Angelides for Governor.

GIMME 5--JACKSON No Report
 EDITOR SEYFRIED No Report

FINANCIAL SECRETARY REPORT---JOHNSON

TREASURERS REPORT--JOHNSON
 VICE-PRESIDENT BOCEK All bills have been paid and the Picnic Acct. has been closed for this year.

PRESIDENT BROOKINS Gave brief summary of current items which he will address in the November Mailcall.

OLD BUSINESS--NONE

EXECUTIVE BOARD MINUTES READ

NEW BUSINESS

MOTION--Branch donate \$ 50.00 to the North Valley Caring Services.

M/S/C

MOTION--Brance order 2 Federal Employee Almanacs. Cost to the Branch \$ 39.35

M/S/C

MOTION--Branch purchase update for the Financial Payroll program. Cost not to exceed \$ 350.00
 M/S/C

UNDERLINED DENOTES UNANIMOUS VOTE

COLCPE DRAWING

\$ 5 BOB JOHNSON--MAIN OFFICE
 \$ 5 TIA WILSON--SUN VALLEY
 \$ 6 JIM TUKESBREY--RETIREE

ADJOURNED 8:01 PM

Vice President's Report
ART BOCEK

(Continued from page 3)

or on Form CA-20, which is attached to Form CA-7. It may also

be made in narrative form on the physician's letterhead stationery, or in the form of a hospital or health plan summary. The report should bear the physician's signature or signature stamp. The supervisor should supply Forms CA-20 to the employee as often as needed. The original reports should be sent to OWCP. Agency personnel should use Form CA-17, Duty Status Report, to obtain interim medical reports about the employee's fitness for duty; it may be issued initially with Form CA-16. The supervisor should complete the agency's portion of the form by describing the physical requirements of the employee's job and noting the availability of any light or limited duty. The physician should send the original Form CA-17 to the agency and a copy to the district office.

E. Wage Loss/Permanent Impairment--Form CA-7.

If disability is anticipated at the time of injury, the employee may elect to use leave or COP (which is discussed in Chapter 5) on Form CA-1. An employee who cannot return to work when COP ends, or who is not entitled to receive COP, may claim compensation for wage loss on Form CA-7. In controverted cases where pay is terminated, Form CA-7 should be submitted with Form CA-1.